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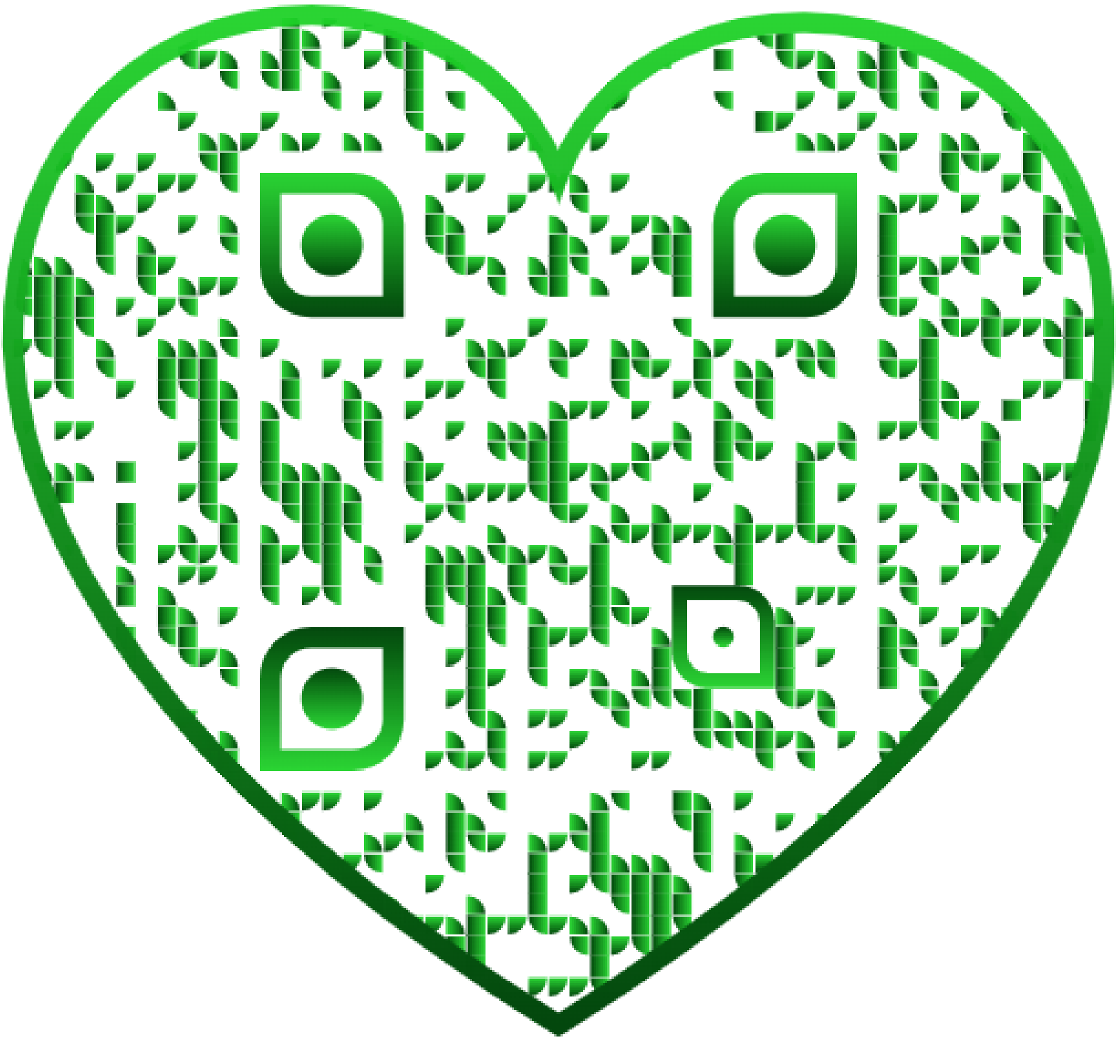
30-Minute Meals

135+ RECIPES
FOR QUICK
& EASY
WEEKNIGHT
MEALS



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30-Minute Meals

ALLRECIPES® MAGAZINE

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WEEKNIGHT
SKILLET
SLAW WRAPS

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Got 30 minutes? You've got time to make a great meal.

When you get home after a long day, the last thing you want to do is spend hours in the kitchen making a homecooked meal—but the first thing you probably want is the comfort of fresh, wholesome, delicious food the whole family will love. That's the magic of this collection of more than 135 recipes, all of which go from start to finish in 30 minutes (or less!). With simple, accessible ingredients, quick prep and cook times, and smart strategies and shortcuts that don't compromise on flavor, you're guaranteed success and satisfied diners every time you cook from this book.

Start the day with Avocado Toast with Crumbled Crispy Pancetta (page 10). It's ready in just 25 minutes and way more wallet-friendly than the version sold at the coffee shop—and every bit as fancy (if not more). The genius of the one-pot/one-pan meal is real. Check out Sheet Pan Apple Honey-Glazed Chicken roasted with colorful rainbow baby carrots (page 104), veggie-packed Sausage Egg Roll in a Bowl (page 68), or Stir-Fried Shrimp with Snow Peas and Ginger (page 144).

Really in a time crunch? Reach for ramen, but jazz it up to make it heartier and more interesting. In just 15 minutes, you can make Ramen Carbonara (page 208), Spicy Beef Ramen (page 211), or Shrimp Noodle Bowls (page 211). Or, in 20 minutes, turn a can of salmon into Grandma's Famous Salmon Cakes (page 126).

Every recipe in this book is delicious proof that even when time is short, you can still enjoy big flavor. Happy cooking!

–The Editors

GRILLED PORK CHOPS WITH FRESH NECTARINE SALSA

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VEGGIE RAMEN

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BREA
&BRU

Start the day in the most delicious way with these quick-fix faves.

KFAST
UNCH

POACHED
EGGS CAPRESE
P. 20

Avocado Toast with Crumbled Crispy Pancetta

While avocado toast began trending in the 2010s, its popularity shows no signs of abating—maybe because it's so delicious and adaptable. Mix-ins can include lemon or lime juice, garlic, and fresh herbs, while toppings run the gamut from poached eggs and bacon, spice mixtures such as dukkah or everything bagel seasoning, red pepper flakes, a drizzle of olive oil, crumbled feta, pickled red onion, or chopped tomato.

HANDS-ON 15 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** DORINDA MEDLEY

★★★★★ **8 REVIEWS**

4	**slices pancetta or bacon, chopped**
4	**cups water**
1	**Tbsp. cider vinegar**
4	**eggs**
¼	**tsp. salt**
¼	**tsp. black pepper**
4	**(¾-inch) slices rye or other bread of choice, toasted**
2	**medium avocados, peeled and mashed**
¼	**tsp. hot sauce (optional)**

1. Cook pancetta in a large skillet over medium heat until browned and crisp. Transfer to paper towels and drain skillet.

2. Add water and vinegar to skillet. Bring to a boil, then reduce heat to a simmer. Crack 1 egg into a custard cup or small bowl, then gently tip cup and slip egg into skillet. Repeat with remaining eggs, leaving space between them. Simmer, uncovered, until whites are completely set and yolks begin to thicken, 3 to 5 minutes. Transfer eggs to a plate using a slotted spoon. Sprinkle with salt and pepper.

3. Spread toast with avocado, then top with pancetta, eggs, and hot sauce (if using).

> *"What a nice change from the usual eggs and bacon. Absolutely delicious and so easy to prepare. I used lightly toasted sourdough and I served it with fresh fruit. A champagne-worthy breakfast/brunch."*
>
> – TAMSIE

BRING ON THE BACON

Pancetta is salt-cured, spiced, and unsmoked pork belly—essentially Italian bacon. It's sold in both sliced and cubed form. American bacon is similar, but smoked after curing.

HIDDEN GEM HEALTHY

PER SERVING: 357 CAL; 24G FAT (6G SAT); 15G PRO; 22G CARB (6G FIBER; 2G SUGARS); 584MG SODIUM

Breakfast Fried Rice

Who says fried rice is just for lunch or dinner? It's a good way to get in protein, energy-giving carbohydrates, and veggies at the start of your day. Don't have bacon in the refrigerator, but happen to have a can of spiced ham in the pantry? Dice it and brown in a little oil—delicious!

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** ANNA J. ★★★★★ **10 REVIEWS**

1 Tbsp. vegetable oil
3 eggs, lightly beaten
6 slices bacon
1 small yellow onion, chopped (1 cup)
3 green onions, chopped (½ cup)
4 cups cooked white rice, chilled
1 cup frozen peas and carrots
2 Tbsp. reduced-sodium soy sauce
¼ tsp. salt
¼ tsp. black pepper
Fresh pea shoots, for garnish

1. Heat oil in a large skillet over medium heat. Add eggs, tilting skillet to make an even layer. Cook, covered, until just set, about 2 minutes. Slide eggs onto a plate and cut into 1-inch squares.

2. Add bacon to skillet; cook until crisp. Transfer bacon to paper towels to drain, reserving drippings in skillet. Crumble bacon into bite-size pieces.

3. Add yellow and green onions to skillet; cook over medium heat until tender, about 5 minutes. Add rice and press into an even layer. Increase heat to medium-high; cook, without stirring, until lightly browned, about 5 minutes. Add egg pieces, bacon, peas and carrots, and soy sauce. Stir gently to mix. Heat through. Sprinkle with salt and pepper. Garnish with pea shoots.

CHILL OUT

Cold rice (leftover is ideal) works best for fried rice because the grains separate easily rather than sticking together and clumping, as warm, just-cooked rice does.

> *"My husband even liked it. He wanted seconds. High praise indeed."*
>
> **— FINEJEEP**

HIDDEN GEM HEALTHY

PER SERVING: 399 CAL; 12G FAT (3G SAT); 16G PRO; 56G CARB (3G FIBER, 4G SUGARS); 659MG SODIUM

Honeymoon Eggs Benedict

The addition of asparagus and swapping out traditional English muffins for croissant halves sets this rendition of the brunch classic apart. It's fancy enough for a special occasion, but simple enough for any day.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 2 **SUBMITTED BY** ALMONDJOY 2807 ★★★★☆ **15 REVIEWS**

6	**fresh asparagus spears, ends trimmed**
2	**tsp. olive oil**
1	**tsp. white vinegar**
½	**tsp. salt**
2	**eggs**
1	**large croissant, split**
2	**slices Canadian bacon**
¼	**cup grated Asiago cheese**
¼	**cup prepared hollandaise sauce**
	Snipped fresh chives, for garnish
	Cracked black pepper

1. Preheat oven to 400°F. Line a baking sheet with foil and coat with cooking spray. Arrange asparagus in a single layer, drizzle with oil, and toss to coat. Bake until tender, stirring once, 10 to 15 minutes.

2. Fill a large saucepan with 2 to 3 inches of water and bring to a boil. Reduce heat to medium-low, add vinegar, and keep water at a gentle simmer. Stir in salt until dissolved. Crack 1 egg into a small bowl, then gently slip egg into simmering water, holding bowl just above the surface. Repeat with remaining egg, leaving space between them. Poach until whites are firm and yolks are thickened but not hard, 3 to 5 minutes. Remove eggs with a slotted spoon.

3. Arrange croissant halves on another baking sheet. Top each with 1 slice Canadian bacon, 3 asparagus spears, and 1 egg. Sprinkle with cheese. Bake until cheese is melted and croissants are warmed through, about 5 minutes.

4. Microwave hollandaise sauce in a small bowl until heated through. Spoon sauce over croissants. Sprinkle with chives and pepper.

MOCK HOLLANDAISE

Save making from-scratch hollandaise for an occasion when you have lots of time. When you don't, you can use a mix—or make "mock hollandaise." Combine ¼ cup each **sour cream** and **mayonnaise,** 1 tsp. **lemon juice,** and ½ tsp. **Dijon mustard** in a small saucepan. Cook and stir over low heat until hot. Use immediately.

> *I used center-cut bacon, and it turned out amazing. My wife said it was the best eggs Benedict she had ever had!"*
>
> **– KELLY REEVE**

HIDDEN GEM

PER SERVING: 408 CAL; 27G FAT (12G SAT); 19G PRO; 24G CARB (2G FIBER, 7G SUGARS); 812MG SODIUM

Portobello-Spinach Eggs Benedict

This freshened-up, lightened-up version of eggs Benedict subs a portobello mushroom base for bread, adds spinach to the mix, and calls for yogurt in the hollandaise sauce. It tastes indulgent—and it adds to your daily veggie intake.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** JENNA VANGROWSKI

★★★★☆ **3 REVIEWS**

4	**(3½- to 4-inch) portobello mushroom caps, stems and gills removed**
2	**Tbsp. olive oil**
¼	**tsp. salt**
¼	**tsp. black pepper**
2	**Tbsp. plain fat-free Greek yogurt**
4	**tsp. light mayonnaise**
2	**tsp. chopped fresh thyme**
1	**tsp. Dijon mustard**
1	**tsp. lemon juice**
¼	**tsp. hot pepper sauce, or more to taste**
4	**cloves garlic, minced**
4	**cups fresh baby spinach, chopped**
½	**tsp. salt-free Cajun seasoning or paprika, plus more for garnish**
4	**poached eggs**
	Chopped fresh chives, for garnish

1. Preheat oven to 425°F. Line a 10×15-inch baking pan with foil. Brush mushrooms with 1 Tbsp. oil, then sprinkle gill sides with salt and pepper. Arrange on prepared pan, stem sides down. Bake until tender, about 12 minutes.

2. Meanwhile, for sauce, whisk together yogurt, mayonnaise, thyme, mustard, lemon juice, and hot sauce in a small bowl until smooth.

3. Heat remaining 1 Tbsp. oil in a large skillet over medium heat. Add garlic; cook 1 minute. Add spinach and Cajun seasoning; cook, stirring, until spinach is just wilted, about 1 minute.

4. Meanwhile, prepare poached eggs as directed (right). Just before serving, microwave sauce until heated through, 30 to 45 seconds. Top mushrooms with spinach mixture, poached eggs, and sauce. Garnish with Cajun seasoning and chives.

POACHED EGGS

Fill a saucepan with water and add 1 tsp. **vinegar** and ½ tsp. **salt.** Bring to a simmer. Crack an **egg** into a ramekin or small cup and gently add to the simmering water, holding the ramekin close to the surface of the water. Let set 1 minute, then use a silicone spatula to gently lift to prevent egg from sticking to the bottom of the pan. Cook until white is firm and yolk is still runny. Remove from pan with a slotted spoon and drain on a paper towel–lined plate. You can poach eggs ahead of time and reheat for 1 to 2 minutes in simmering water. Drain again.

HIDDEN GEM **HEALTHY** **VEGETARIAN**

PER SERVING: 183 CAL; 13G FAT (3G SAT); 9G PRO; 7G CARB (2G FIBER, 3G SUGARS); 302MG SODIUM

Creamy-Cheesy Scrambled Eggs with Basil

If you'd like to add color, texture, and nutrition to this dish, use a little extra butter and sauté diced zucchini, yellow squash, and red onion in the pan before adding the eggs.

HANS-ON 10 MIN **TOTAL** 10 MIN **SERVES** 4 **SUBMITTED BY** ELISA STAMM

★★★★☆ **206 REVIEWS**

- **8 eggs**
- **⅓ cup sour cream**
- **1 cup shredded mozzarella cheese**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **¼ tsp. butter**
- **2 Tbsp. minced fresh basil**

1. Whisk eggs and sour cream in a bowl until creamy and smooth. Stir in cheese and season with salt and pepper.

2. Melt butter in a large skillet over medium heat. Pour in egg mixture; cook, gently folding occasionally with a spatula, until eggs reach desired consistency, about 3 minutes. Fold in basil during the last minute of cooking, or sprinkle on just before serving.

> “The sour cream is a great dairy ingredient to use in eggs even without the cheese. This is a variation on a brilliant theme of herbs in eggs. My favorite is chive, but any herb will do just great. Enjoy!"
>
> **– DANISHEYES**

VEGETARIAN

PER SERVING: 278 CAL; 21G FAT (10G SAT); 18G PRO; 3G CARB (0G FIBER, 1G SUGARS); 398MG SODIUM

Poached Eggs Caprese

Classic caprese salad makes the leap from lunch or dinner to breakfast or brunch. This is best made with peak-season summer tomatoes from your garden or farmers market.

HANDS-ON 10 MIN **TOTAL** 25 MIN **SERVES** 2 **SUBMITTED BY** YOOJIN K

★★★★★ **101 REVIEWS**

- **1 Tbsp. distilled white vinegar**
- **2 tsp. salt**
- **4 eggs**
- **2 English muffins, split and toasted**
- **4 oz. fresh mozzarella cheese, sliced**
- **4 thick tomato slices**
- **4 Tbsp. prepared pesto**
- **4 pinches salt**
- **Fresh basil leaves, for garnish**

1. Fill a large saucepan with 2 to 3 inches of water and bring to a boil over high heat. Reduce the heat to medium-low, pour in vinegar and 2 tsp. salt, and keep water at a gentle simmer.

2. Meanwhile, arrange English muffin halves, cut sides up, on a foil-lined toaster-oven pan. Top each with 1 oz. cheese and 1 tomato slice. Toast in a toaster oven until cheese melts, 6 to 9 minutes depending on your toaster oven. (If you don't have a toaster oven, you can bake topped muffins on a foil-lined baking sheet in a 425°F oven.)

3. Crack an egg into a small bowl. Holding the bowl just above water's surface, gently slip egg into simmering water. Repeat with remaining eggs. Poach eggs until whites are firm and yolks have thickened but are not hard, 2½ to 3 minutes. Remove eggs from water with a slotted spoon and dab them on a kitchen towel to remove excess water.

4. To assemble, put a poached egg on top of each English muffin half, then top each with 1 Tbsp. pesto and a pinch of salt. Garnish with basil leaves.

> *"I used fresh basil and skipped the pesto, as I prefer fresh basil. I could eat this every single day. I woke up family members just so I could make them some. Spectacular."*
>
> **– MAMAD**

TOAST TWICE

If you'd like a little more crunch in each bite, lightly toast the English muffins before topping with cheese and tomato.

VEGETARIAN

PER SERVING: 586 CAL; 36G FAT (14G SAT); 33G PRO; 30G CARB (1G FIBER, 3G SUGARS) 1,035MG SODIUM

Paleo Hash

This hearty, protein-packed, and Paleo diet–friendly hash will keep you full for hours (and hours!). It makes a quick, one-pan dinner any day of the week as well as a meal to start your day fueled for anything it brings.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** TONNA JACOBSON

★★★★★ **26 REVIEWS**

1 Tbsp. olive oil

1 lb. chicken or turkey sausage, casings removed

4 oz. chorizo sausage, casings removed

1 large sweet potato, peeled and diced (3 cups)

½ cup reduced-sodium chicken broth, plus more as needed

2 tsp. garlic powder

½ tsp. salt

¼ tsp. black pepper, plus more for garnish

¼ tsp. cayenne pepper

1 zucchini, diced (2 cups)

1 cup fresh baby spinach

1½ Tbsp. butter

4 eggs

Chopped fresh chives, for garnish

1. Heat oil in a large skillet over medium heat. Cook both sausages, stirring and breaking up lumps, until browned and cooked through, 5 to 10 minutes. Drain skillet.

2. Stir in sweet potato, ½ cup broth, the garlic powder, salt, black pepper, and cayenne. Bring to a boil. Reduce heat; simmer, uncovered and stirring occasionally, until sweet potato is tender, about 15 minutes. If needed, add more broth, 1 Tbsp. at a time, to prevent sticking. Stir in zucchini; simmer, stirring occasionally, until tender, 5 to 10 minutes. Stir in spinach.

3. Meanwhile, in another skillet, heat butter over medium heat. Crack eggs into skillet and cook to desired doneness, 2 to 3 minutes for runny yolks. Serve eggs over hash. Garnish with black pepper and chives.

SPARE THE SPINACH

To keep the spinach from overcooking, turn off the heat under the skillet after stirring it into the sweet potato–sausage mixture.

> *"I substituted black beans for the sausages, adding them at the end to heat through. Even my meat-loving guys liked this!"*
>
> – DPARSELL

PER SERVING: 556 CAL; 36G FAT (9G SAT); 31G PRO; 27G CARB (4G FIBER, 6G SUGARS); 1,227MG SODIUM

MAYONNAISE
BISCUITS

Mayonnaise Biscuits

★★★★⯪ 491 REVIEWS

For rolled and cut biscuits, use just enough milk to hold the dough together.

HANDS-ON 10 MIN **TOTAL** 30 MIN
SERVES 12 **SUBMITTED BY** GEORGIEBRENT

2 cups self-rising flour
1 cup milk
6 Tbsp. mayonnaise

1. Preheat oven to 400°F. Lightly grease a baking sheet.

2. Stir together flour, milk, and mayonnaise in a large bowl until just combined. Let stand until slightly thickened, about 5 minutes. Drop by spoonfuls onto prepared baking sheet.

3. Bake until golden brown, about 15 minutes.

VEGETARIAN

PER SERVING: 133 CAL; 6G FAT (1G SAT); 3G PRO; 16G CARB (1G FIBER, 1G SUGARS); 301MG SODIUM

> “Yum! These biscuits come out very light and fluffy with a rich (but not too rich) taste and mouthfeel. If you don't have self-rising flour, use 2 cups less 4 tsp. sifted flour, 3 tsp. baking powder, and 1 tsp. salt.”
>
> – **EVEYLYN IN KC**

Pumpkin Oatmeal

★★★★☆ 86 REVIEWS

For an extra bump of pumpkin-spice flavor, substitute pumpkin pie spice for the cinnamon.

HANDS-ON 5 MIN **TOTAL** 10 MIN
SERVES 1 **SUBMITTED BY** FITMOMMY

1 cup soy milk or dairy milk
½ cup regular rolled oats
¼ cup canned pumpkin purée
¼ tsp. salt
⅛ tsp. cinnamon, plus more for garnish
1 Tbsp. chopped toasted walnuts
½ tsp. honey

Stir together milk, oats, pumpkin, salt, and cinnamon in a small saucepan over medium-high heat; bring to a gentle boil. Reduce heat to low; simmer, uncovered, until desired consistency, about 5 minutes. Garnish with walnuts, honey, and cinnamon.

HEALTHY **VEGETARIAN**

PER SERVING: 360 CAL; 12G FAT (2G SAT); 15G PRO; 51G CARB (8G FIBER, 16G SUGARS); 707MG SODIUM

Chunky Monkey Pancakes

You will be the hero of the sleepover when you serve up these special-treat pancakes on Saturday morning to a gaggle of hungry (and probably sleepy) kids. They're also a fun way to start a celebratory day such as a birthday.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** CRAZYCATLADY - "CCL" ★★★★☆ **354 REVIEWS**

- **1 cup flour**
- **2 tsp. baking powder**
- **1 tsp. baking soda**
- **¼ tsp. salt**
- **2 eggs**
- **¾ cup milk**
- **3 Tbsp. butter, melted**
- **1 Tbsp. sugar**
- **1 tsp. vanilla extract**
- **1 cup chopped banana**
- **⅔ cup semisweet miniature chocolate chips**
- **⅓ cup chopped pecans**
- **Chocolate syrup, for serving**
- **Whipped cream, for serving**

1. Stir together flour, baking powder, baking soda, and salt in a large bowl. In another bowl, whisk together eggs, milk, melted butter, sugar, and vanilla. Make a well in center of flour mixture. Add egg mixture and stir to combine. Do not overmix (batter should be slightly lumpy). Gently fold in banana, chocolate chips, and pecans.

2. Coat a large skillet or griddle with cooking spray. Heat over medium heat. Working in batches, add 2-Tbsp. portions of batter to skillet and cook until bubbles form and edges are dry, 1½ to 2 minutes. Flip and cook until bottoms are browned, 1½ to 2 minutes more. Repeat with remaining batter. Top with chocolate syrup and whipped cream.

> “Five stars, these were fantastic! I made them with walnuts instead of pecans because that's what I had on hand. My family devoured these and have requested them again next weekend. Will definitely be added to my go-tos for a treat.”
>
> – JEN

LET IT SET

To ensure the pancakes keep their shape and have a nice edge, let the batter stand for 10 minutes before cooking.

VEGETARIAN

PER SERVING: 324 CAL; 16G FAT (8G SAT); 6G PRO; 39G CARB (1G FIBER, 21G SUGARS); 419MG SODIUM

BEEF POR

&

K

PORK CHOPS
WITH APPLES
AND ONIONS
P. 52

These hearty meat dishes will satisfy even the biggest appetites with steaks, chops, stir fries, and more.

Black Pepper Beef and Cabbage Stir-Fry

This superfast dish can be on the table in less time than it takes to order carryout. For a flavor boost, add 1 tablespoon of minced fresh ginger with the garlic.

HANDS-ON 25 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** LI-ANN

★★★★★ **603 REVIEWS**

2	**Tbsp. vegetable oil**
4	**cloves garlic, chopped**
1	**lb. beef stir-fry strips**
1	**(16-oz.) pkg. coleslaw mix or 1 small head cabbage, shredded**
2	**red bell peppers, cut into bite-size strips**
¼	**cup less-sodium soy sauce**
2	**tsp. cornstarch**
1	**cup cold water**
1½	**tsp. black pepper**
½	**tsp. salt**
	Sliced green onion, for garnish
2	**cups hot cooked rice, for serving**

1. Heat 1 Tbsp. oil in a wok or large skillet over medium-high heat. Add garlic; cook, stirring, about 30 seconds. Add beef; stir-fry until evenly brown, 2 to 3 minutes. Remove beef from wok.

2. Add remaining 1 Tbsp. oil to wok. Stir in coleslaw mix and bell peppers; cook until tender, about 5 minutes. Stir in soy sauce.

3. Stir together cornstarch and water in a bowl; stir into wok along with black pepper and salt. Bring to a boil, stirring, until sauce is thickened. Return beef to wok; cook until heated through, 3 to 5 minutes. Garnish with green onion and serve with hot cooked rice.

OPEN SESAME

If you like the nutty flavor of sesame, substitute 1 Tbsp. toasted sesame oil for 1 Tbsp. of the vegetable oil.

> *Delicious, inexpensive, and easy! Thickening with cornstarch was a very nice touch. I was timid with the black pepper — I only used about three-fourths of the quantity suggested. Next time I'll use the full amount!"*
>
> **– LORETTA RIVARD**

PER SERVING: 509 CAL; 27G FAT (9G SAT); 28G PRO; 37G CARB (5G FIBER, 7G SUGARS); 1,026MG SODIUM

Bò Lúc Lăc (Asian Garlic Shaking Beef)

This Vietnamese dish of marinated beef cubes gets its name from the vigorous stirring and shaking it takes to get the meat evenly and generously browned—don't be delicate with it!

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** CHIP PHELPS

★★★★★ **6 REVIEWS**

For Marinade

- **2 Tbsp. olive oil**
- **2 Tbsp. oyster sauce**
- **4 large cloves garlic, minced**
- **1 Tbsp. Cabernet Sauvignon wine**
- **1 tsp. fish sauce**
- **1½ tsp. black pepper**
- **⅛ tsp. sesame oil, or more to taste**
- **1½ lb. beef tenderloin or beef top loin, cut into cubes**

For Cooking

- **2 Tbsp. olive oil**
- **2 Tbsp. oyster sauce**
- **4 cloves garlic, minced, or more to taste**
- **3 cups hot cooked rice**
- **Lemon wedges and fresh basil leaves, for garnish**

1. Whisk together olive oil, oyster sauce, garlic, wine, fish sauce, pepper, and sesame oil in a small bowl until well blended. Pour mixture into a zip-top plastic bag. Add beef, seal bag, and turn to coat. Let stand at room temperature 10 to 30 minutes.

2. Heat oil in a wok or 12-inch skillet over high heat. Stir in beef and marinade, then stir in oyster sauce and garlic. Cook, stirring, until beef is cooked through and sauce begins to thicken, 5 to 10 minutes. Serve over hot rice. Garnish with lemon wedges and basil leaves.

> "Wow! This was fantastic. Vietnamese dishes are some of my favorite, and shaking beef is an absolute delicacy. This is the exact dish! Thanks for this wonderful keeper. I'll be making it over and over again."
>
> – DIANA71

HIDDEN GEM

PER SERVING: 755 CAL; 50G FAT (16G SAT); 34G PRO; 41G CARB (2G FIBER, 1G SUGARS); 627MG SODIUM

Mongolian Beef and Spring Onions

This meaty, sweet-and-savory dish will appeal to the enthusiastic carnivores in your clan. If you'd like to include something green, crisp-tender steamed or roasted broccoli pairs well with the richness of the dish.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** VKARLSON ★★★★☆ **863 REVIEWS**

1	**lb. flank steak, sliced diagonally ¼ inch thick**
¼	**cup cornstarch**
2	**tsp. plus 1 cup vegetable oil**
3	**large cloves garlic, minced**
½	**tsp. grated fresh ginger**
⅔	**cup packed dark brown sugar**
½	**cup less-sodium soy sauce**
½	**cup water**
2	**bunches green onions, cut in 2-inch pieces (1⅔ cups)**
2	**(6- to 8-oz.) pkg. microwavable rice**
	Crushed red pepper and toasted sesame seeds, for garnish

1. Stir together beef and cornstarch in a bowl until thoroughly coated. Let stand about 10 minutes.

2. Heat 2 tsp. oil in a deep-sided skillet or wok over medium heat. Add garlic and ginger; cook, stirring, until fragrant, about 30 seconds. Stir in brown sugar, soy sauce, and water. Increase heat to medium-high and stir until sugar is dissolved and sauce boils and slightly thickens, about 4 minutes. Transfer sauce to a bowl; rinse and dry skillet.

3. Heat remaining 1 cup oil in skillet to 375°F. Working in batches, shake excess cornstarch from beef slices and gently add to hot oil. Fry, stirring briefly, until edges become crisp and begin to brown, about 2 minutes. Transfer beef to paper towels to drain.

4. Drain oil and return skillet to medium heat. Return beef to skillet; stir briefly, then pour in sauce. Stir once or twice to combine, then add green onion. Bring mixture to a boil; cook until green onion has softened and turned bright green, about 2 minutes. Meanwhile, microwave rice according to package directions, then serve topped with beef mixture. Garnish with red pepper and sesame seeds.

SLICE IT NICE

To make getting neat, thin, quick-cooking slices of meat easier, place the steak in the freezer for 30 minutes before cutting it.

PER SERVING: 541 CAL; 14G FAT (3G SAT); 29G PRO; 74G CARB (2G FIBER, 39G SUGARS); 947MG SODIUM

Salisbury Steak with Mushrooms

This yummy, nostalgia-inducing dish is pure comfort. Serve it with a green vegetable such as broccoli, kale, or green beans—and mashed potatoes, of course—as a vehicle for the delicious mushroom gravy.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** KRYSTAL WETTER

★★★★⯪ **950 REVIEWS**

1	**large onion, halved and sliced**
1	**lb. lean ground beef**
⅓	**cup panko bread crumbs**
1	**egg, beaten**
1	**tsp. salt**
½	**tsp. black pepper**
2	**cups low-sodium beef broth**
1	**cup sliced mushrooms**
2	**Tbsp. cornstarch**
2	**Tbsp. water**

1. Finely chop enough onion slices to fill ¼ cup, then gently combine with beef, panko, egg, salt, and pepper in a bowl. Shape into four patties about ¾ inch thick.

2. Cook patties in a large skillet over medium heat until browned on both sides, about 10 minutes. Add remaining onion slices, broth, and mushrooms; bring to a boil. Reduce heat to medium-low and simmer, covered, about 10 minutes, or until an instant-read thermometer inserted into centers registers 160°F. Transfer patties to a platter and cover with foil.

3. Bring mushroom mixture to a boil. Stir together cornstarch and water in a small bowl, then stir into skillet. Cook, stirring, until thickened and bubbly; then cook, continuing to stir, 2 minutes more. Pour over patties to serve.

PER SERVING: 280 CAL; 11G FAT (4G SAT); 28G PRO; 16G CARB (2G FIBER, 5G SUGARS); 753MG SODIUM

Chinese-Style Pepper Steak

The key to cooking this classic Chinese dish—or any stir-fry, for that matter—is to have all of your ingredients chopped, measured, and otherwise prepped before you turn on the heat. Place bowls of the prepared meat, veggies, and sauce next to the stove for smooth and efficient cooking.

HANDS-ON 25 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** KIM WILSON

★★★★☆ **787 REVIEWS**

¼	**cup less-sodium soy sauce**
2	**Tbsp. sugar**
2	**Tbsp. cornstarch**
½	**tsp. ground ginger**
1	**lb. top sirloin steak, trimmed and thinly sliced against the grain**
3	**Tbsp. vegetable oil**
1	**large red onion, cut into 1-inch pieces (1½ cups)**
1	**green bell pepper, cut into bite-size strips**
2	**tomatoes, cut into ½-inch wedges**
	Sliced green onion and black pepper, for garnish

1. Whisk together soy sauce, sugar, cornstarch, and ginger in a large bowl until sugar dissolves and mixture is smooth. Add steak; stir to coat.

2. Heat 1 Tbsp. oil in a wok over medium-high heat. Add one-third of steak mixture; cook, stirring, until well browned, about 2 minutes. Transfer to a bowl. Repeat with remaining oil and steak, reserving oil in wok.

3. Add onion to wok; cook over medium-high heat, stirring, 2 minutes. Add bell pepper; cook, stirring, until crisp-tender, about 2 minutes. Stir in tomatoes and steak; cook until heated through. Garnish with green onion and black pepper.

> *"I let the steak sit in the marinade for a bit for more flavor before cooking, and added a dash of white pepper with the tomatoes and steak. Don't overcook the veggies — they should be cooked but crunchy. Loved the flavor."*
>
> **– ROB**

MEATY MATTERS

This recipe calls for top sirloin, but flank or strip steak would be just as tasty and would work equally well.

PER SERVING: 357 CAL; 27G FAT (10G SAT); 14G PRO; 11G CARB (2G FIBER, 7G SUGARS); 947MG SODIUM

Smoked Sausage with Spaghetti Squash

Microwaving the spaghetti squash ensures hands-off steaming while you cook the rest of tonight's dinner in a single skillet. If your microwave-safe dish can only hold one squash half at a time, steam it in two batches.

HANDS-ON 25 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** THEHUNGRYSCIENTIST ★★★★★ **4 REVIEWS**

1	**medium spaghetti squash (about 2½ lb.), halved and seeded**
¼	**cup water**
1	**Tbsp. olive oil**
1	**(14-oz.) pkg. smoked sausage, bias-sliced into 1-inch pieces**
1	**onion, coarsely chopped**
1	**orange bell pepper, coarsely chopped**
1	**(24-oz.) jar vodka sauce or creamy rosa pasta sauce**
8	**oz. frozen broccoli florets (about 3½ cups)**
	Shaved Parmesan cheese and fresh basil, for garnish

1. Put squash halves, cut sides down, in a microwave-safe dish. Add the water and cover. Microwave on High until tender, about 12 minutes.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add sausage; cook until lightly browned, about 5 minutes. Transfer to a plate. In same skillet, cook onion and bell pepper until just tender, 6 to 8 minutes.

3. Stir vodka sauce and broccoli into skillet. Bring to a simmer and cook, covered, until broccoli is crisp-tender, 3 to 4 minutes. Return sausage to skillet; stir to combine.

4. Carefully remove squash halves from dish. Using a fork, scrape squash strands into a serving dish. Top with sausage mixture. Garnish with Parmesan and basil.

NO LOW-CARB

Using spaghetti squash in place of spaghetti pasta makes this a low-carb lover's dream, but you can serve it on actual spaghetti. Bump up the amount of broccoli to get more veggies in the dish.

> “*It was so good! I didn't use smoked sausage — I just used chicken sausage I had on hand from Costco. It was amazing though!*”
>
> **– ALLRECIPES MEMBER**

HIDDEN GEM

PER SERVING: 597 CAL; 41G FAT (14G SAT); 21G PRO; 38G CARB (9G FIBER, 14G SUGARS); 1,527MG SODIUM

Awesome Honey-Pecan Pork Chops

Pecans and pork both have a natural sweetness, which makes them a perfect pairing. Serve these honey-glazed chops with mashed sweet potatoes and steamed buttered green beans.

HANDS-ON 15 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** KARENA

★★★★✯ **701 REVIEWS**

- **½ cup flour**
- **4 boneless pork loin chops (1¼ lb. total), fat trimmed and pounded to ½-inch thickness**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **2 Tbsp. butter**
- **¼ cup chopped pecans**
- **2 Tbsp. lemon juice**
- **2 Tbsp. reduced-sodium chicken broth**
- **1 Tbsp. honey, or more if desired**

1. Spread flour in a shallow dish. Season both sides of chops with salt and pepper, then dredge in flour to coat.

2. Melt butter in a large skillet over medium-high heat. Add chops; cook until browned on both sides, about 2 minutes per side. Transfer to a warm plate, reserving drippings in skillet.

3. Add pecans, lemon juice, chicken broth, and 1 Tbsp. honey to skillet over medium-high heat. Heat through, stirring constantly, about 1 minute. Pour sauce over cutlets. If desired, drizzle with additional honey.

GET EVEN

When pounding meat or poultry to attain an even or specific thickness for quick, even cooking, use the flat side of a meat mallet and always work from the center (the thickest part) out to the edges.

> *"My husband loves this recipe. I add a little cayenne to my seasoned flour for a little punch."*
>
> – KRYSTINE E CROMWELL-SMIT

HEALTHY

PER SERVING: 277 CAL; 14G FAT (5G SAT); 30G PRO; 9G CARB (1G FIBER, 5G SUGARS); 458MG SODIUM

Grilled Pork Chops with Fresh Nectarine Salsa

A summertime salsa of nectarines, tomato, onion, and cilantro spiked with lime juice and a little crushed red pepper livens up simple seasoned grilled pork chops.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** MICHELLE0011

★★★★★ **94 REVIEWS**

2 nectarines, diced
1 ripe tomato, seeded and diced
¼ medium onion, diced (¼ cup)
2 Tbsp. chopped fresh cilantro, plus more for garnish
2 Tbsp. fresh lime juice
½ tsp. salt
¼ tsp. crushed red pepper, or to taste
1 tsp. cumin
1 tsp. chili powder
¼ tsp. black pepper
8 (4-oz.) boneless pork loin chops
2 Tbsp. olive oil

1. Preheat an outdoor grill to medium-high heat (375°F to 400°F). Oil grill grates.

2. For salsa, toss together nectarines, tomato, onion, cilantro, lime juice, ¼ tsp. salt, and the red pepper in a bowl until combined.

3. In a small bowl, stir together cumin, chili powder, remaining ¼ tsp. salt, and the black pepper. Brush both sides of pork chops with oil and season evenly with cumin mixture.

4. Grill chops, covered, until lightly browned, about 4 minutes per side, until an instant-read thermometer inserted into thickest parts registers 145°F. Serve with salsa and garnish with cilantro.

> *"The nectarine salsa is amazing. I already have quite a few uses in mind for it in other applications. I think this salsa would be excellent on a pulled pork sandwich or a grilled pork tenderloin."*
>
> – BARTONIUM

PEACHY KEEN

You can swap in diced peaches, plums, and/or other stone fruit for the nectarines.

HEALTHY **GLUTEN-FREE**

PER SERVING: 340 CAL; 13G FAT (3G SAT); 47G PRO; 11G CARB (2G FIBER, 7G SUGARS); 478MG SODIUM

Oven-Fried Pork Chops

Baking these breaded chops in just a little bit of butter adds flavor and crunch to the coating without the mess of pan frying. Serve on a bed of quick-sautéed greens such as kale, spinach, or chard.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** RACHELHACKER

★★★★☆ **888 REVIEWS**

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2 Tbsp. butter, melted
1 egg
2 Tbsp. milk
1 cup herb-seasoned dried bread stuffing mix, crushed to fine crumbs
4 (1-inch) boneless pork loin chops (about 1¾ lb.), trimmed
¼ tsp. salt
¼ tsp. black pepper, plus more for garnish
Vinaigrette-massaged kale and sliced red onion, for serving

Preheat oven to 425°F. Pour melted butter into a 9×13-inch baking dish. Beat together egg and milk in a shallow dish. Put stuffing crumbs in another dish. Sprinkle chops with salt and pepper, dip in egg mixture, then dip in stuffing crumbs to coat. Transfer to prepared baking dish. Bake 10 minutes. Turn and bake 10 minutes more, until an instant-read thermometer inserted into thickest parts registers 145°F. Garnish with pepper. If desired, serve with vinaigrette-massaged kale and red onion.

CRUSH IT

If you'd like, you can swap in your favorite salad croutons, crushed—or seasoned panko—for the dried bread stuffing mix.

> *"I used to pan-fry and then oven-bake. This is so easy and gives the same result. It's a real keeper!"*
>
> **– ANGELWORDS**

PER SERVING: 435 CAL; 20G FAT (8G SAT); 49G PRO; 11G CARB (1G FIBER, 1G SUGARS); 532MG SODIUM

Pork Chops with Fresh Tomato, Onion, Garlic, and Feta

This fresh and fast dish is highly adaptable. Add some chopped kalamata or Castelvetrano olives to the sauce, swap in your favorite blue cheese for the feta, or serve the sauce over pan-seared or grilled chicken breast.

HANDS-ON 5 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** LOVECOOKING

★★★★★ **522 REVIEWS**

- **2 Tbsp. olive oil**
- **1 large onion, halved and thinly sliced (about 1½ cups)**
- **4 bone-in pork loin chops, 1 inch thick (about 2½ lb.)**
- **¾ tsp. salt**
- **½ tsp. black pepper**
- **¼ tsp. garlic powder**
- **2 cups halved multicolor grape tomatoes (1 pint)**
- **3 cloves garlic, minced**
- **1 Tbsp. dried basil or ¼ cup loosely packed chopped fresh basil**
- **2½ tsp. balsamic vinegar**
- **4 oz. feta cheese, crumbled**

1. Heat 1 Tbsp. oil in a 12-inch skillet over medium-high heat. Add onion; cook, stirring, until golden brown, about 5 minutes. Transfer to a plate.

2. Heat remaining 1 Tbsp. oil in skillet. Sprinkle chops with ½ tsp. salt, ¼ tsp. pepper, and the garlic powder; transfer to skillet. Cook 7 minutes per side, until an instant-read thermometer inserted into thickest parts registers 145°F. Transfer to a plate and cover loosely with foil. (Do not drain skillet.)

3. Return onion to skillet; stir in tomatoes, garlic, and basil. Cook, stirring, until tomatoes are softened, about 1 minute. Stir in balsamic vinegar and remaining ¼ tsp. each salt and pepper, scraping up any browned bits from pan. Serve over chops and sprinkle with feta.

> “This was so delicious. The only thing I did differently was after browning the onions and garlic, I added chicken broth and purple basil from my garden. I grilled the chops and added heavy cream to the sauce and poured it over the chops — so, so good.”
>
> **– JOAN DI BUONO MAZZATELLI**

HEALTHY **GLUTEN-FREE**

PER SERVING: 412 CAL; 18G FAT (6G SAT); 48G PRO; 14G CARB (2G FIBER, 6G SUGARS); 628MG SODIUM

Pesto-Stuffed Pork Chops

A nutty, cheesy stuffing adds a bit of decadence to lean pork loin chops.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SDAISY 2

★★★★⯪ **165 REVIEWS**

3	**Tbsp. crumbled feta cheese**
2	**Tbsp. prepared refrigerated basil pesto**
2	**Tbsp. pine nuts, toasted and coarsely chopped**
¾	**tsp. kosher salt**
4	**(6-oz.) 1¼-inch-thick boneless pork loin chops, trimmed**
1	**tsp. black pepper**
1	**tsp. dried oregano**
1	**clove garlic, minced**
½	**tsp. crushed red pepper**
¼	**tsp. ground thyme**
1	**Tbsp. canola oil**
2	**Tbsp. balsamic vinegar**
	Fresh thyme, for garnish

1. Preheat oven to 375°F. Stir together feta, pesto, pine nuts, and salt in a small bowl.

2. Use the tip of a small, sharp knife to cut a 3-inch slit, about 2 inches deep, into the side of each pork chop. Spoon cheese-pesto mixture into each cavity.

3. Stir together black pepper, oregano, garlic, crushed red pepper, and ground thyme in a small bowl; evenly rub each pork chop with mixture.

4. Heat oil in a large oven-safe skillet over medium-high heat. Add pork chops; cook, turning halfway through, until golden brown on both sides, about 4 minutes total. Remove from heat and brush pork chops with vinegar.

5. Transfer skillet to oven. Roast 10 to 12 minutes or until an instant-read thermometer inserted into the center of the stuffing registers 145°F. Let stand 5 minutes before serving. Garnish with fresh thyme.

GREAT GLAZE

For even more of the sweet-tangy taste of balsamic vinegar, use a balsamic reduction, which is thicker and more syrupy. You can buy bottled or make your own by simmering ¼ cup balsamic vinegar down to 2 Tbsp. in a very small saucepan.

> *"Amazing! Instead of pine nuts, I add about 3 Tbsp. of bread crumbs. I also reduced the amount of red pepper flakes. Delicious!"*
>
> **– SDAISY2**

HEALTHY

PER SERVING: 332 CAL; 16G FAT (4G SAT); 43G PRO; 4G CARB (1G FIBER, 2G SUGARS); 622MG SODIUM

Pork Chops with Apples and Onions

This dish is full of autumnal flavors, including sage, warm spices such as allspice and paprika, and crisp apples. It calls for Fuji apples, but if you like a bit more tartness, opt for Granny Smith apples.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** TATTOOEDKUPCAKE

★★★★☆ **4 REVIEWS**

4	**(5-oz.) 1-inch-thick boneless pork chops**
1½	**tsp. kosher salt**
1	**Tbsp. flour**
1½	**tsp. dried rubbed sage**
1	**tsp. dried minced garlic**
1	**tsp. dried thyme leaves**
½	**tsp. ground allspice**
½	**tsp. paprika**
2	**Tbsp. olive oil**
1	**medium sweet onion, thinly sliced**
2	**medium Fuji apples, cored and cut into ¼-inch-thick wedges**
½	**cup apple juice**
1½	**Tbsp. light brown sugar**
	Fresh sage and fresh thyme leaves, for garnish

1. Sprinkle chops evenly with salt. Stir together flour, dried sage, garlic, dried thyme, allspice, and paprika in a small bowl. Coat the chops with one-third of the spice mixture. Sear chops in oil in a large skillet over medium-high heat, about 3 minutes per side. Transfer to a plate.

2. Add onion to skillet; cook, stirring occasionally, 3 minutes. Add apples; cook, stirring frequently, about 2 minutes. Stir in apple juice, brown sugar, and remaining spice mixture; bring to a boil. Reduce heat to low.

3. Return chops to skillet and simmer 2 minutes more or until cooked through and an instant-read thermometer inserted into the thickest parts of the chops registers 145°F. Garnish with fresh sage and thyme.

> *"The spice blend is spot on, and the pan sauce that you end up with is wonderful. I liked this well enough that I'm going mix up a bottle of the spices to have on hand for an even speedier dinner. It was a simple Saturday evening dinner paired with baked sweet potatoes, green beans, and cranberry sauce."*
>
> **– LUTZFLCAT**

HIDDEN GEM HEALTHY

PER SERVING: 329 CAL; 11G FAT (2G SAT); 29G PRO; 29G CARB (3G FIBER, 21G SUGARS); 533MG SODIUM

Beer-Glazed Pork Chops

Braising pork chops ensures tender, juicy results, and the liquid—beer—infuses them with flavor. Giving the chops a shake in flour and an initial browning gives them a nice crust and helps thicken the sauce slightly.

HANDS-ON 10 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** BARNETTCB

★★★★⯪ **54 REVIEWS**

- **¼ cup flour**
- **½ tsp. salt**
- **1 tsp. black pepper**
- **4 (5-oz.) ½-inch-thick boneless pork chops**
- **1 Tbsp. butter**
- **1 Tbsp. olive oil**
- **1 cup lager or Belgian-style ale**
- **2 Tbsp. finely chopped fresh rosemary**
- **2 Tbsp. packed brown sugar**
- **2 Tbsp. stone-ground mustard**
- **2 Tbsp. red wine vinegar**
- **Chopped fresh rosemary, for garnish**

1. Put flour, salt, and pepper in a zip-top plastic bag. Add pork chops to bag and shake to coat.

2. Heat butter in a large skillet over medium-high heat. Add oil and heat until sizzling. Arrange chops in a single layer in hot skillet. Cook, turning halfway through, until browned on both sides, 3 to 4 minutes. Transfer to a plate.

3. Add lager, rosemary, brown sugar, mustard, and vinegar to skillet; stir to combine. Bring to a boil over medium-high heat. Cook, stirring often, until mixture is reduced and slightly thickened, about 7 minutes.

4. Return chops to skillet and reduce heat to medium-low. Simmer about 3 minutes or until an instant-read thermometer inserted into chop centers registers 145°F. Transfer chops to a plate; top with sauce and garnish with rosemary.

> *"To thicken the sauce at the end, I sprinkled in a tiny bit of the leftover seasoned flour used to dredge the chops. The chops I used were nice and thick, about 1 inch. Nice and juicy and not overcooked and dry."*
>
> – FRANCE C

SAGE ADVICE

If you'd like, substitute fresh sage or thyme for the rosemary.

HEALTHY

PER SERVING: 277 CAL; 10G FAT (3G SAT); 29G PRO; 13G CARB (0G FIBER, 4G SUGARS); 519MG SODIUM

Honey Mustard Pork Chops

This is the perfect pantry dish. You likely have everything you need to make it—maybe even pork chops in the freezer—but it's far from mundane. Serve with hot buttered spaetzle and roasted Brussels sprouts.

HANDS-ON 10 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** AUNTE

★★★★☆ **203 REVIEWS**

- **¼ cup honey**
- **2 Tbsp. yellow, Dijon, or coarse ground mustard**
- **⅛ to ¼ tsp. crushed red pepper (optional)**
- **4 (6-oz.) ½-inch-thick center-cut boneless pork chops**
- **½ tsp. garlic powder**
- **½ tsp. kosher salt**
- **½ tsp. black pepper**
- **1 Tbsp. butter**
- **Fresh thyme or rosemary sprigs, for garnish**

1. Stir together honey, mustard, and red pepper (if using) in a small bowl until well blended.

2. Season chops on all sides with garlic powder, salt, and black pepper. Heat butter in a large skillet over medium-high heat. Add chops; cook until browned, 2 to 3 minutes per side.

3. Reduce heat to medium-low. Brush chops with honey-mustard sauce, then turn them over. Cook, covered, 4 minutes. Brush chops with honey-mustard sauce again and turn them over. Cook about 3 minutes more, until an instant-read thermometer inserted into thickest parts registers 145°F. Spoon any remaining sauce over chops. Remove from heat and let stand 3 minutes before serving. Garnish with thyme sprigs.

> "I rubbed my pork chops with Penzeys Ozark spice mix and minced garlic and seared them. I transferred them to a baking dish, poured the honey-mustard sauce over, then covered them with foil and baked in the oven. I doubled the amount of honey-mustard sauce, so I tossed potatoes in the extra with a little olive oil and roasted the potatoes on a cookie sheet."
>
> – C SUMM

HEALTHY GLUTEN-FREE

PER SERVING: 271 CAL; 8G FAT (3G SAT); 34G PRO; 18G CARB (0G FIBER, 17G SUGARS); 371MG SODIUM

Orange, Shallot, and Marsala Pork Chops

This elegant dish is date-night quality but quick and easy enough for a weeknight. Serve with roasted red potatoes and a green salad.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** CHEEREEO

★★★★★ **25 REVIEWS**

1	**Tbsp. flour**
1	**tsp. black pepper**
½	**tsp. salt**
4	**(¾-inch-thick) bone-in pork chops (about 2 lb.)**
2	**Tbsp. olive oil**
1	**large shallot, thinly sliced**
2	**large oranges**
½	**cup Marsala wine**
1	**Tbsp. cold butter**
	Fresh thyme, for garnish

1. Stir together flour, pepper, and salt in a small bowl, then rub all over chops. Heat oil in a large skillet over medium-high heat. Add chops; cook until browned, about 5 minutes per side.

2. Reduce heat to medium; scatter shallot around chops. Continue cooking, turning halfway through and stirring shallot occasionally, 15 to 20 minutes, or until an instant-read thermometer inserted into thickest parts registers 145°F. Transfer chops to a platter and keep warm.

3. Zest and juice 1 orange. Cut remaining orange in half; juice 1 half. (You should have 1½ cups juice total.) Thinly slice remaining orange half for garnish.

4. Stir wine and orange juice into skillet. Increase heat to medium-high and bring to a boil. Cook until liquid is reduced to desired consistency, 3 to 5 minutes. Stir in butter and orange zest. Return chops to skillet and turn to coat with glaze. Garnish with orange slices and fresh thyme.

HEALTHY

PER SERVING: 378 CAL; 15G FAT (4G SAT); 42G PRO; 14G CARB (1G FIBER, 9G SUGARS); 465MG SODIUM

Rosemary-Garlic Pork Tenderloin

This super-simple, five-ingredient dish (not counting salt!) is just the sort of recipe everyone should have in their back pocket for busy weeknights—and even last-minute dinner parties. Serve with lightly roasted asparagus and quick-sautéed mushrooms and garlic.

HANDS-ON 5 MIN **TOTAL** 30 MIN **SERVES** 12 **SUBMITTED BY** BMG

★★★★★ **27 REVIEWS**

4 cloves garlic, minced
2 tsp. dried rosemary
2 tsp. dried oregano
1 tsp. black pepper
½ tsp. salt
4 lb. pork tenderloin

1. Preheat oven to 425°F. Combine garlic, rosemary, oregano, pepper, and salt in a small bowl. Rub spice mixture all over pork tenderloin. Place pork on a rack in a shallow baking pan.

2. Bake until pork is slightly pink in the center, 30 to 35 minutes. An instant-read thermometer inserted into the center should read at least 145°F. Remove from oven, tent with foil, and let stand for 5 minutes before slicing.

> *"I applied the rub and chilled the tenderloin for several hours. Easy, moist, and tender!"*
>
> – JAMES

FLAVOR BOOST

To get extra flavor from dried herbs, rub them between your fingers before using them—this releases their essential oils and makes them more powerful.

HEALTHY

PER SERVING: 157 CAL; 3G FAT (1G SAT); 30G PRO; 1G CARB (0G FIBER, 0G SUGARS); 158MG SODIUM

Grilled Pork Tenderloin with Balsamic-Honey Glaze

If you don't own a grill, or if it's too cold outside to grill, you can make this in the oven. Rub the tenderloins with the spice mixture, then brown in hot oil in a 12-inch oven-safe skillet. Roast in a 400°F oven for 15 to 18 minutes, turning and occasionally brushing with the glaze, until an instant-read thermometer inserted in the thickest parts registers 145°F. Let rest, then slice.

HANDS-ON 30 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** MCABRERA 75 ★★★★★ **25 REVIEWS**

1½	**tsp. garlic powder**
1½	**tsp. onion powder**
1	**tsp. chili powder**
1	**tsp. paprika**
½	**tsp. salt**
2	**(1-lb.) pork tenderloins**
⅔	**cup balsamic vinegar**
¼	**cup honey**
2	**tsp. Dijon mustard**

1. Prepare a gas or charcoal grill for indirect cooking (leaving one burner unlit or banking coals to one side). Put a disposable drip pan on unheated side. Preheat grill to medium-high heat (375°F to 400°F). Oil grill grates.

2. Stir together garlic powder, onion powder, chili powder, paprika, and salt in a small bowl. Rub mixture all over pork.

3. Whisk together balsamic vinegar, honey, and mustard in a small saucepan. Bring to a boil over high heat; reduce heat and simmer, uncovered, until reduced to about ½ cup, 10 to 15 minutes.

4. While glaze simmers, oil grill grate and arrange pork on grate directly above heat source. Grill, covered, turning every 2 minutes, until seared on all sides. Move pork to unheated side of rack and close grill lid. Continue grilling, occasionally turning and brushing with glaze, 15 to 18 minutes, or until an instant-read thermometer inserted in thickest parts registers 145°F. Transfer pork to a cutting board, loosely cover with foil, and let stand 3 minutes before slicing.

HEALTHY **GLUTEN-FREE**

PER SERVING: 171 CAL; 2G FAT (1G SAT); 23G PRO; 13G CARB (0G FIBER, 12G SUGARS); 228MG SODIUM

Kielbasa and Cabbage

There are so many types of flavorful sausage on the market. If you'd like, swap in an equal amount of chicken sausage for the kielbasa in this hearty winter dinner. Either chicken-and-apple sausage or chicken bratwurst are good options that would fit well with the flavor profile of the dish.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** KITKATY

★★★★⯪ **670 REVIEWS**

6	**slices bacon**
1	**cup chopped onion**
¼	**cup water**
1	**Tbsp. sugar**
1	**Tbsp. caraway seeds**
2	**cloves garlic, minced**
¼	**tsp. crushed red pepper**
¼	**tsp. seasoning salt**
1	**to 1½ lb. cabbage, cored and cut into 6 wedges**
1	**(14-oz.) pkg. Polish kielbasa, cut into ½-inch slices**

1. Cook bacon in a very large skillet over medium heat, turning once, until crisp. Transfer to paper towels, reserving drippings in skillet. Crumble when cool.

2. Stir onion, water, sugar, caraway seeds, garlic, crushed red pepper, and seasoning salt into drippings in skillet. Add cabbage; cook, covered, stirring occasionally, over medium heat 10 minutes.

3. Arrange kielbasa over cabbage in skillet; continue cooking, covered, until cabbage is tender and sausage is heated through, about 10 minutes. Sprinkle with crumbled bacon.

> “This was an easy entrée with a wonderful blend of flavors, perfect for a winter dinner. In Step 2, I added 1 Tbsp. red wine vinegar and halved fingerling potatoes tossed in a little olive oil to add a bit more 'bite' and body to the dish."
>
> – **ALLRECIPES MEMBER**

PER SERVING: 357 CAL; 27G FAT (10G SAT); 14G PRO; 11G CARB (2G FIBER, 7G SUGARS); 947MG SODIUM

Coconut Pork Curry

A jar of Thai-style yellow coconut curry stir-fry sauce provides a real jump start to this recipe. Bell peppers and snap peas add color and crunch. If you like your curry hot, sprinkle servings with crushed red pepper.

HANDS-ON 5 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** COOKMASTER2

★★★★★ **1 REVIEW**

- **1 cup basmati rice**
- **1¼ lb. lean pork, cut into cubes**
- **¼ tsp. salt**
- **1 Tbsp. vegetable oil**
- **1½ cups sliced bell peppers (any color)**
- **2 cups sugar snap peas**
- **1 (16-oz.) jar Thai-style yellow coconut curry stir-fry sauce**

1. Cook basmati rice according to package directions.

2. Meanwhile, sprinkle pork with salt. Heat oil in a large saucepan over high heat. Add pork to pan; cook until completely browned, about 5 minutes. Remove from pan.

3. Sauté peppers and sugar snap peas in saucepan until softened, 1 to 2 minutes. Return pork to pan.

4. Add stir-fry sauce and bring to a simmer. Cook, stirring occasionally, 5 to 10 minutes, until an instant-read thermometer inserted into pork registers 145°F.

5. Serve over hot cooked rice.

MAKE NICE RICE

Getting good results when cooking rice—fluffy and tender but not mushy or clumpy—can be a challenge. Rinsing rice in a fine-mesh strainer before cooking can help rinse away some of the starch that makes it sticky. If you cook a lot of rice, a low-tech, 6-cup rice cooker turns out perfect rice every time.

> *"This is not too spicy, and it has a terrific flavor."*
>
> **– THEDAILYGOURMET**

HIDDEN GEM

PER SERVING: 376 CAL; 22G FAT (11G SAT); 36G PRO; 10G CARB (2G FIBER, 4G SUGARS); 406MG SODIUM

Sausage Egg Roll in a Bowl

This has all of the elements of appetizer egg rolls—except the crispy wrapper—in a very tasty, dinner-size dish.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CARA

★★★★★ **44 REVIEWS**

- **1 lb. ground pork sausage**
- **6 cups coleslaw mix**
- **2 carrots, peeled and shredded**
- **2 green onions, chopped (¼ cup)**
- **4 cloves garlic, minced**
- **1 Tbsp. less-sodium soy sauce**
- **1 Tbsp. toasted sesame oil**
- **2 Tbsp. chopped peanuts, plus more for garnish**
- **1 Tbsp. grated fresh ginger**
- **1 (8.8-oz.) pkg. precooked rice, heated (a generous 1 cup)**
- **Fresh cilantro, for garnish**

1. Heat a 12-inch skillet over medium-high heat. Add sausage; cook, stirring and breaking up lumps, until browned and crumbly, 5 to 7 minutes. Drain skillet.

2. Add coleslaw mix, carrots, green onion, garlic, soy sauce, and sesame oil to skillet. Cook, stirring, until softened, about 5 minutes. Stir in peanuts and ginger. Serve over hot rice and garnish with additional peanuts and cilantro.

> “This was absolutely delicious. Both adults and kids loved it. I followed the recipe with a small addition of a sauce. I used ½ cup mayonnaise and added 1 Tbsp. of hot sauce. It was a great complement to the dish.”
>
> – PRINEMARY

CHOP TALK

If you make a lot of food with Asian flavors, you probably chop a lot of garlic and grate a lot of ginger. While fresh is best, ginger-garlic paste—found at Indian grocery stores—is a terrific time-saver. Add up the amounts of ginger and garlic called for in the recipe, and use that total amount of the ginger-garlic paste instead. For reference, 1 large garlic clove equals 1 tsp. minced garlic.

HEALTHY

PER SERVING: 460 CAL; 26G FAT (8G SAT); 22G PRO; 30G CARB (4G FIBER, 6G SUGARS); 786MG SODIUM

CHIC

CHICKEN, ASPARAGUS, AND MUSHROOM SKILLET
P. 88

KEN

Tasty ways with this most versatile, popular bird.

Garlic Chicken with Honey and Rosemary

With garlic, fresh rosemary, pine nuts, and the juicy crunch of pomegranate seeds, this is a pleasant departure from the tomatoes-olives-cheese combination found in many other Mediterranean-inspired dishes.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** JULI HALE

★★★★☆ **8 REVIEWS**

- **3 Tbsp. butter**
- **2 tsp. garlic powder**
- **2 tsp. chopped fresh rosemary, plus more for garnish**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **6 boneless, skinless chicken thighs**
- **2 Tbsp. honey**
- **2 Tbsp. lemon juice**
- **Hot cooked quinoa, for serving**
- **Chopped fresh parsley, pomegranate seeds, and pine nuts, for garnish**

1. Melt butter in a large skillet over medium heat. Add garlic powder, rosemary, salt, and pepper; cook until fragrant, about 1 minute.

2. Add chicken to skillet and turn to coat. Cook until browned on 1 side, about 5 minutes. Reduce heat to low and turn over chicken. Cover and cook 15 minutes, or until an instant-read thermometer inserted into thickest parts registers 170°F. Remove chicken from skillet and skim off fat from pan juices. Return chicken to skillet.

3. Stir together honey and lemon juice in a small bowl, then drizzle over chicken. Continue cooking until heated through, 3 to 5 minutes. Garnish with rosemary. If desired, serve over quinoa with chopped fresh parsley, pomegranate seeds, and pine nuts.

> “This was delicious! I doubled the sauce and spices to make more sauce for drizzling over the quinoa. Highly recommend adding the pomegranate seeds and pine nuts to the dish.”
>
> – JENNIFER KOVESDY

SEED SMARTS

Pomegranate seeds—also called arils—can be time-consuming to retrieve from whole fruit. Look for packaged pomegranate seeds in the refrigerated section of the produce aisle with other prepared fruits.

HIDDEN GEM **HEALTHY** **GLUTEN-FREE**

PER SERVING: 283 CAL; 13G FAT (6G SAT); 34G PRO; 7G CARB (0G FIBER, 6G SUGARS); 402MG SODIUM

Chicken Milano

This restaurant-quality dish may go from the stove to the table in 30 minutes, but you'd never know it based on its rich, creamy flavor.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** MARBALET

★★★★☆ **1,891 REVIEWS**

8	**oz. fettuccine pasta**
1	**Tbsp. butter**
1	**Tbsp. vegetable oil**
1	**lb. boneless, skinless chicken breasts**
½	**tsp. salt**
¼	**tsp. black pepper**
2	**cloves garlic, minced**
1	**cup reduced-sodium chicken broth**
½	**cup sun-dried tomatoes, chopped**
1	**cup whipping cream**
2	**Tbsp. chopped fresh basil, plus small basil leaves for garnish**

1. Cook fettuccine according to package directions until al dente. Drain, then transfer to a large bowl.

2. Meanwhile, heat butter and oil in a large skillet over medium heat. Sprinkle chicken on both sides with salt and pepper. Add chicken to skillet; cook, turning halfway through, 15 to 18 minutes, or until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer to a cutting board and slice diagonally; cover and keep warm.

3. Drain skillet; add garlic and cook until fragrant, about 30 seconds. Add broth and tomatoes; bring to a boil. Reduce heat to medium-low and simmer, uncovered, until tomatoes are tender, about 10 minutes. Stir in whipping cream and bring to a boil. Reduce heat to medium; simmer until sauce is thick enough to coat the back of a metal spoon, about 5 minutes.

4. Add chopped basil and cream sauce to bowl with pasta; toss to combine. Top with chicken and garnish with basil leaves.

REHYDRATION SITUATION

You can use either oil-packed or dry-packed sun-dried tomatoes in this dish. If you use dry-packed, there's no need to rehydrate, as the tomatoes are simmered in the chicken broth for 10 minutes.

> *We have been making this recipe for the last decade. It is one of the best, easiest pasta dishes to make. We sometimes substitute extra-large shrimp for the chicken and seafood stock for the chicken broth. Very delicious!"*
>
> **– MARIA OKA**

PER SERVING: 619 CAL; 32G FAT (17G SAT); 36G PRO; 48G CARB (3G FIBER, 6G SUGARS); 371MG SODIUM

Garlic Chicken

Pair this simple, crispy oven-baked chicken with steamed or roasted veggies.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** CAROL

★★★★½ **4,307 REVIEWS**

- **¼ cup olive oil**
- **2 cloves garlic, minced**
- **⅓ cup dried bread crumbs**
- **⅓ cup grated Parmesan cheese**
- **¾ tsp. salt**
- **½ tsp. black pepper**
- **4 (6-oz.) boneless, skinless chicken breasts**
- **Microgreens, for garnish**

1. Preheat oven to 425°F. Stir together oil and garlic in a bowl. In another bowl, stir together bread crumbs, Parmesan, salt, and pepper. Dip chicken into oil mixture, then into bread crumb mixture. Arrange in a shallow baking dish.

2. Bake 20 to 25 minutes or until an instant-read thermometer inserted into thickest parts registers 165°F.

3. Garnish with microgreens.

FLAVOR BOOST

Simple additions of fresh lemon zest and/or dried Italian seasoning or dried oregano and basil make this tasty dish even tastier.

> "*Wow, so good! Loved it, after cooking for 25 minutes, I poured homemade tomato sauce over the chicken and added mozzarella cheese to cook for the last 10 minutes. I served it with spaghetti and had a great meal!*"
>
> **– CHRISTY RATTO-BIXBY**

HEALTHY

PER SERVING: 299 CAL; 17G FAT (3G SAT); 30G PRO; 6G CARB (0G FIBER, 0G SUGARS); 203MG SODIUM

Simple Lemon-Herb Chicken

Horizontally halving the chicken breasts and pounding them thin ensures quicker, more even cooking. To make this a meal, serve with hot angel hair pasta and a leafy green salad.

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** CAROLYN STILWELL

★★★★☆ **325 REVIEWS**

- **4 (6-oz.) boneless, skinless chicken breasts**
- **1 tsp. dried oregano, crushed**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **2 Tbsp. olive oil**
- **2 cloves garlic, minced**
- **6 Tbsp. fresh lemon juice**
- **Lemon slices and snipped fresh parsley, for garnish**
- **Hot cooked angel hair pasta, for serving**

1. On a clean work surface, halve each chicken breast horizontally (parallel to the cutting board) to make 8 cutlets about equal in size. Lightly pound cutlets to an even thickness with a meat mallet. Rub with oregano, salt, and pepper.

2. Heat oil in an extra-large skillet over medium heat. Add chicken; cook until browned, about 3 minutes per side. Add garlic; cook until fragrant, about 1 minute. Drizzle with 4 Tbsp. lemon juice; cook another 3 minutes. Turn chicken over and add remaining 2 Tbsp. lemon juice. Cook about 5 minutes more, until an instant-read thermometer inserted into thickest parts of chicken registers 165°F. Garnish with lemon slices and parsley. Serve with hot cooked pasta.

> *“I brined the chicken for 30 minutes in 1 gallon of water and ¼ cup of salt. When the 30 minutes were up, I washed off the chicken and patted it dry. I added the seasonings, but added 1 Tbsp. of salt-free seasoning for more flavor. Otherwise, I made the recipe exactly as is. OMG. That chicken was fork-tender and so good.”*
>
> **– KATHI**

HEALTHY

PER SERVING: 294 CAL; 18G FAT (4G SAT); 29G PRO; 3G CARB; (0G FIBER, 1G SUGARS); 215MG SODIUM

Grilled Chicken with Rosemary and Bacon

What's better than smoky grilled chicken? Smoky grilled bacon-wrapped chicken! This summer-fresh main dish is delicious with whatever is in season from your supermarket, farmers market, or garden—lightly dressed greens, slices of ripe tomato, or steamed and buttered green beans.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SKOO

★★★★☆ **244 REVIEWS**

- **4 (6-oz.) boneless, skinless chicken breasts**
- **4 tsp. garlic powder**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **4 sprigs fresh rosemary, plus more for garnish**
- **4 thick slices bacon**

1. Preheat an outdoor grill to medium-high heat (375°F to 400°F). Oil grill grates.

2. Season chicken with garlic powder, salt, and pepper. Top each breast with 1 rosemary sprig, then wrap with a bacon slice. Secure bacon with toothpicks or an additional thick rosemary stem.

3. Grill chicken, covered, about 8 minutes per side, until an instant-read thermometer inserted into thickest parts registers 165°F. (Keep an eye out for grill flare-ups.) Remove toothpicks and rosemary sprigs before serving. Garnish with fresh rosemary.

SIZE MATTERS

Be sure to get chicken breasts that are just about 6 ounces. Larger breasts take longer to cook and can lead to burnt bacon.

> *Quite good and easy. Any time I wrap bacon around food, I par-cook the bacon in the microwave or in a skillet so it's slightly crispy after full cooking."*
>
> – KAREN LILLEY

HEALTHY **GLUTEN-FREE**

PER SERVING: 335 CAL; 10G FAT (3G SAT); 56G PRO; 2G CARB (0G FIBER, 0G SUGARS); 574MG SODIUM

Sweet, Sticky, and Spicy Chicken

Rice is a natural accompaniment to this dish, but it's equally good on a bed of steamed riced cauliflower or just-wilted baby spinach cooked with garlic in sesame oil.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** KATE

★★★★⯪ **3,363 REVIEWS**

- **1 Tbsp. brown sugar**
- **2 Tbsp. honey**
- **¼ cup less-sodium soy sauce**
- **2 tsp. chopped fresh ginger**
- **2 cloves garlic, chopped**
- **1 Tbsp. hot sauce, or more to taste**
- **4 boneless, skinless chicken breasts (about 1¼ lb. total), cut into 1-inch strips**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1 Tbsp. vegetable oil, plus more as needed**
- **Hot cooked rice, for serving**

1. Mix together brown sugar, honey, soy sauce, ginger, garlic, and hot sauce in a small bowl. Lightly sprinkle chicken with salt and pepper.

2. Heat oil in a large skillet over medium heat. Working in batches (add more oil as needed between batches), add chicken and brown on both sides, about 1 minute per side. Pour sauce over chicken. Simmer, uncovered, until sauce thickens, 8 to 10 minutes. If desired, serve with hot rice.

> *This is always good — and always easy to make at the last minute if we just can't decide what to have for dinner. We serve it with rice and either broccoli or carrots drizzled with sesame oil and a pinch of sea salt."*
>
> **– JULIEHM**

FOR THICKER SAUCE

If you'd like the sauce to be a little thicker than a loose glaze, add ½ to 1 tsp. cornstarch to the sauce.

PER SERVING: 254 CAL; 7G FAT (1G SAT); 34G PRO; 13G CARB (0G FIBER, 11G SUGARS); 951MG SODIUM

Enchanted Sour Cream Chicken Enchiladas

New Mexico is known as the "Land of Enchantment," and although these enchiladas are rolled rather than stacked, New Mexico–style—you can still give them a touch of enchantment by seeking out canned diced Hatch chiles, a very flavorful chile pepper grown in the Hatch Valley of New Mexico.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** KATE

★★★★★ **175 REVIEWS**

- **2 cups cubed, cooked, skinless chicken breast (9 oz.)**
- **1 cup sour cream**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **½ cup vegetable oil**
- **12 (5-inch) corn tortillas**
- **1 (4-oz.) can chopped green chiles, drained**
- **2 cups shredded Monterey Jack cheese (8 oz.)**
- **Chopped fresh cilantro and sliced jalapeños, for garnish**
- **Red or green salsa, for serving**

1. Preheat oven to 400°F. Grease a 9×13-inch baking dish. Combine chicken, sour cream, salt, and black pepper in a bowl.

2. Heat oil in a skillet over medium-high heat. Dip 1 tortilla into hot oil until softened, about 10 seconds. Spoon a heaping 1 Tbsp. chicken mixture across middle of tortilla, then roll into a cylinder. Transfer enchilada, seam side down, to prepared baking dish. Repeat with remaining tortillas and filling. Sprinkle green chiles and cheese over enchiladas.

3. Bake until cheese has melted and enchiladas are hot, 12 to 15 minutes. Garnish with cilantro and jalapeños. Serve with salsa, if desired.

> *"I used Greek yogurt instead of sour cream, and added mild salsa to the chicken mixture. I also poured about half a can of green chile enchilada sauce over the rolled enchiladas, then added a little salsa and cheese to top it off. I served it with guacamole. It was sooo good!"*
>
> – **DONNAH**

⊘ **GLUTEN-FREE**

PER SERVING: 363 CAL; 22G FAT (11G SAT); 25G PRO; 16G CARB (1G FIBER, 1G SUGARS); 469MG SODIUM

'EL PA

Sandy's Chicken Saltimbocca

Saltimbocca comes from the Italian phrase, "saltare in bocca," or literally "to jump in the mouth." Traditionally made with veal, this version made with chicken is equally tasty. With crispy prosciutto, earthy sage, and a butter-white wine sauce, it may just leap into yours!

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** SANDYG

★★★★★ **48 REVIEWS**

8 (6-oz.) chicken cutlets
1 tsp. salt
½ tsp. black pepper
16 large or 40 small fresh sage leaves
16 thin slices prosciutto (6 oz.)
3 Tbsp. olive oil
1 cup dry white wine
1 cup low-sodium chicken broth
¼ cup cold butter, cut into pieces

1. If cutlets are thick, lay them between 2 sheets of wax paper and pound to ½-inch thickness with flat side of a meat mallet or bottom of a skillet. Sprinkle with salt and pepper. Put 2 large or 5 small sage leaves on top of each cutlet, then wrap 2 slices of prosciutto crosswise around each cutlet, holding sage in place.

2. Heat 1½ Tbsp. oil in a large skillet over medium heat. Add 4 cutlets; cook 2 minutes per side, or until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer to a platter; tent with foil to keep warm. Repeat with remaining 1½ Tbsp. oil and remaining 4 cutlets.

3. Add wine to skillet and simmer, scraping up any browned bits, 1 minute. Add broth and simmer until slightly reduced, 4 to 5 minutes. Remove from heat, add butter, and swirl skillet until butter has melted and sauce is creamy. Spoon 2 Tbsp. sauce over each cutlet. If you like, garnish with additional fresh sage leaves.

PER SERVING: 401 CAL; 20G FAT (7G SAT); 47G PRO; 1G CARB (0G FIBER, 0G SUGARS); 943MG SODIUM

Chicken, Asparagus, and Mushroom Skillet

This one-pan skillet dish is easy and elegant—simple enough for a weeknight meal with the family, but also nice enough for company when time is short.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** PAULA STOTTS

★★★★☆ **309 REVIEWS**

2 Tbsp. butter
2 Tbsp. olive oil
1 (8-oz.) pkg. button mushrooms, sliced
4 cloves garlic, minced
1 lb. fresh asparagus, trimmed and cut into thirds
4 (6-oz.) boneless, skinless chicken breasts, pounded to an even thickness
¾ tsp. salt
¼ tsp. black pepper
⅓ cup white wine
2 Tbsp. chopped fresh parsley
2 Tbsp. chopped fresh basil
½ tsp. dried oregano
2 cups hot cooked rice, for serving

1. Heat 1 Tbsp. each butter and oil in a large skillet over medium heat. Add mushrooms and garlic; cook, stirring occasionally, until garlic begins to brown, about 5 minutes. Add asparagus; cook, stirring occasionally, until mushrooms are golden and asparagus is bright green and crisp-tender, about 3 minutes more. Remove from skillet.

2. Season chicken with ¼ tsp. each salt and pepper. In the same skillet, heat remaining 1 Tbsp. each butter and oil over medium-high heat. Add chicken; cook 5 to 7 minutes per side, until browned and an instant-read thermometer inserted into thickest parts registers 165°F. Remove chicken from skillet and slice into strips.

3. Stir wine, parsley, basil, oregano, and remaining ½ tsp. salt into skillet. Simmer over medium heat 30 seconds. Stir in mushrooms and asparagus; cook until heated through. Serve vegetables with chicken strips and cooked rice.

MUSHROOM MATTERS

Using presliced mushrooms saves a little time, but as soon as mushrooms are sliced, they start to lose moisture and quality. It's best to look for firm, plump, unblemished whole mushrooms and trim and slice them yourself.

HEALTHY **GLUTEN-FREE**

PER SERVING: 475 CAL; 18G FAT (6G SAT); 45G PRO; 30G CARB (4G FIBER, 4G SUGARS); 567MG SODIUM

Chicken, Pepper, and Snap Pea Stir-Fry

Bell peppers and snap peas give this light and fresh stir-fry color and crunch. Amp up the heat with additional chili garlic sauce or a drizzle of sriracha.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** JULIE HUBERT ★★★★★ **16 REVIEWS**

3	**Tbsp. cornstarch**
¼	**tsp. kosher salt**
1	**lb. boneless, skinless chicken breasts, cut into ¾-inch pieces**
2	**Tbsp. vegetable oil**
1	**(6-oz.) pkg. sugar snap peas**
1	**red bell pepper, chopped (1 cup)**
¼	**cup less-sodium soy sauce**
2	**Tbsp. rice wine vinegar**
2	**cloves garlic, minced**
2	**tsp. sugar**
1	**tsp. chili garlic sauce (optional)**
3	**cups hot cooked rice**
2	**green onions, sliced**
	Sesame seeds, for garnish

1. Stir together cornstarch and salt in a medium bowl. Add chicken and toss to coat.

2. Heat oil in a wok or large skillet over high heat. Add chicken and brown, without stirring, about 1 minute. Cook, stirring, until chicken is lightly browned, about 4 minutes. (Chicken does not need to be cooked through at this point.) Remove chicken from wok and set aside. Add peas and bell pepper to wok. Cook, stirring, until crisp-tender, about 4 minutes. Remove vegetables from wok and set aside.

3. Whisk together soy sauce, rice wine vinegar, garlic, sugar, and chili garlic sauce (if using) in a bowl. Pour into wok and bring to a boil. Reduce heat and simmer until sauce is slightly thickened, 3 to 5 minutes. Add chicken and vegetables to sauce in wok. Turn heat to medium-low and cook, stirring, until chicken is no longer pink in the center, 3 to 4 minutes.

4. Serve stir-fry mixture with rice. Sprinkle with green onions and sesame seeds.

> *“I added some bamboo shoots and water chestnuts, and cut the peppers a bit bigger to more closely match everything else. It turned out great.”*
>
> **– ALLRECIPES MEMBER**

RICE WINE VS. VINEGAR

Although rice wine is essentially rice vinegar without the acid, it's not our top choice as a substitute for rice vinegar. It does add a similar umami flavor, and can be substituted for rice vinegar in a pinch, but reduce any sweet ingredients in the dish to avoid an overly cloying flavor.

HIDDEN GEM **HEALTHY**

PER SERVING: 430 CAL; 10G FAT (1G SAT); 32G PRO; 52G CARB (1G FIBER, 6G SUGARS); 894MG SODIUM

Chicken with Artichokes and Sun-Dried Tomatoes

If you're not a fan of kalamata olives but still want that briny element in the dish, you can sub in Castelvetrano olives or 2 tablespoons capers.

HANDS-ON 30 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** BRENDA MILLS

★★★★⯪ **125 REVIEWS**

2	**Tbsp. olive oil**
½	**onion, sliced (about ⅔ cup)**
2	**cloves garlic, minced**
1	**lb. boneless, skinless chicken breasts or thighs, cut into 1-inch pieces**
½	**cup low-sodium chicken broth**
1	**(14- to 15-oz.) can quartered artichoke hearts, undrained**
1	**(6- to 7-oz.) jar sun-dried tomatoes, drained and cut into quarters**
¾	**cup pitted kalamata olives, halved**
½	**tsp. salt**
½	**tsp. dried oregano**
½	**tsp. dried basil**
¼	**tsp. black pepper**
¾	**lb. angel hair pasta**
4	**to 6 oz. crumbled feta cheese**

1. Heat oil in a large skillet over medium heat. Cook onion, stirring, until softened, 3 to 4 minutes. Add garlic; cook, stirring, 1 minute. Add chicken and cook, stirring, until no longer pink on outside, 2 to 3 minutes. Stir in broth, artichoke hearts, tomatoes, olives, salt, oregano, basil, and pepper; bring to a boil. Reduce heat and simmer, covered, until chicken is just cooked through, about 5 minutes.

2. Meanwhile, cook pasta according to package directions until al dente. Drain well, then transfer pasta to a serving plate. Spoon chicken mixture over pasta and sprinkle with feta cheese.

PER SERVING: 496 CAL; 16G FAT (4G SAT); 30G PRO; 59G CARB (7G FIBER, 3G SUGARS); 1,032MG SODIUM

Apple-Stuffed Chicken Breast

Apples and cheddar cheese are a classic flavor combo. Here, they go savory, bundled into tender chicken cutlets and served with a white wine sauce.

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** BEHR

★★★★★ **560 REVIEWS**

- **4 (6-oz.) chicken cutlets, about ¼ inch thick**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 small apple, peeled and coarsely chopped (about ½ cup)**
- **3 Tbsp. shredded cheddar cheese**
- **1 Tbsp. Italian-style dried bread crumbs**
- **1 Tbsp. butter**
- **½ cup dry white wine**
- **½ cup plus 2 Tbsp. water**
- **1 Tbsp. cornstarch**
- **1 Tbsp. chopped fresh parsley, for garnish**

1. Pat cutlets dry and sprinkle with salt and pepper. Mix together apple, cheese, and bread crumbs in a small bowl; divide among chicken cutlets and roll cutlets up around filling, jelly roll–style, starting at short end. Secure with toothpicks.

2. Melt butter in a skillet over medium heat. Add chicken; cook, turning halfway through, until browned on both sides, 5 to 6 minutes total. Add wine and ½ cup water; simmer, covered, until chicken is cooked through, 8 to 10 minutes. Transfer chicken to a serving platter.

3. Stir together cornstarch and remaining 2 Tbsp. water in a small bowl, then stir into skillet. Simmer, stirring constantly, until slightly thickened, about 1 minute. Pour sauce over chicken and garnish with parsley.

APPLES OF OUR EYES

Our favorite apples for this dish are Empire, Golden Delicious, and Jonagold—but you can use your favorite apple as well.

> "*This was delicious! And the presentation was nice. I added 1 tsp. of curry powder to the stuffing and it came out wonderful.*"
>
> **– MARILYNNE HEATHER**

HEALTHY

PER SERVING: 304 CAL; 9G FAT (4G SAT); 40G PRO; 8G CARB (1G FIBER, 2G SUGARS); 442MG SODIUM

Blackened Chicken with Avocado Cream Sauce

Serve these skillet-blackened chicken breasts over lemony, green onion–studded quinoa. A blended avocado-yogurt sauce provides a cooling drizzle to finish.

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SKINNYMOM ★★★★☆ **59 REVIEWS**

For Quinoa

- **2 cups low-sodium chicken broth**
- **1 cup quinoa, rinsed and drained**
- **5 green onions, chopped (½ cup)**
- **1½ tsp. lemon juice**
- **¼ tsp. salt**

For Blackened Chicken

- **1 tsp. paprika**
- **1 tsp. cumin**
- **1 tsp. onion powder**
- **1 tsp. black pepper**
- **¼ to ½ tsp. cayenne pepper**
- **½ tsp. sea salt**
- **4 (5-oz.) boneless, skinless chicken breasts**
- **1½ tsp. vegetable oil**

For Avocado Cream Sauce

- **½ avocado, peeled and pitted**
- **½ cup water**
- **¼ cup plain nonfat Greek yogurt**
- **1½ tsp. lemon juice**
- **½ tsp. garlic powder**
- **¼ tsp. salt**

1. Bring broth to a boil in a saucepan. Stir in quinoa and return to a boil. Reduce heat to low and simmer, covered, until quinoa is tender and broth has been absorbed, about 20 minutes. Remove from heat and keep covered.

2. Just before serving, stir in green onions, lemon juice, and salt.

3. Meanwhile, stir together paprika, cumin, onion powder, black pepper, cayenne, and sea salt in a small bowl. Pat chicken dry with paper towels, then rub spice mixture over both sides of each breast.

4. Heat oil in a large nonstick skillet (with a lid) over medium-high heat. Add chicken to skillet, cover, then reduce heat to medium. Cook 4 minutes. Turn chicken over and continue to cook, covered, 2 to 3 minutes more, or until cooked through and an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a plate, cover loosely with foil, and let rest 5 minutes.

5. Blend avocado, water, yogurt, lemon juice, garlic powder, and salt in a food processor or blender until smooth.

6. Serve chicken with quinoa and avocado cream sauce.

HEALTHY **GLUTEN-FREE**

PER SERVING: 395 CAL; 11G FAT (2G SAT); 41G PRO; 33G CARB (5G FIBER, 2G SUGARS); 694MG SODIUM

Pan-Roasted Chicken

This chicken breast skillet recipe is fast, easy, and delicious. You can easily monitor the internal temperature of the meat when pan-roasting chicken. Leaving the skin on adds a lot of flavor and much-needed moisture. The original recipe calls for cider vinegar, but any vinegar—sherry, balsamic, rice, champagne—will work.

HANDS-ON 25 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** CHEF JOHN

★★★★⯪ **179 REVIEWS**

4	**(7-oz.) boneless, skin-on chicken breasts**
1	**tsp. salt**
¼	**tsp. black pepper**
2	**Tbsp. olive oil**
1	**Tbsp. chopped mixed fresh herbs (such as thyme or rosemary) or 1 tsp. dried (optional)**
⅔	**cup cider vinegar**
2	**Tbsp. water**
4	**Tbsp. cold butter, cut into pieces**

1. Pat chicken breasts dry; sprinkle both sides with salt and pepper.

2. Heat oil in a large, heavy skillet over medium-high heat until shimmering. Put chicken in skillet, skin sides down, then sprinkle with herbs (if using). Cook, undisturbed, until skin is golden on bottoms, about 6 minutes. Turn chicken over and cook about 6 minutes, or until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a plate.

3. Drain fat from skillet. Add vinegar to skillet and bring to a boil over medium-high heat, stirring and scraping up browned bits, until reduced to about 2 Tbsp., about 4 minutes. Add water and any accumulated juices from plate. Boil until liquid is reduced to about 2 Tbsp., about 2 minutes. Add butter and stir over low heat until combined, about 30 seconds. Spoon sauce over chicken to serve.

KNIFE SKILLS

The skin is important to this recipe—it gets deliciously crispy—but it's hard to find skin-on boneless chicken breasts. You can have the butcher do it for you, or debone them yourself. Lay each breast skin side up on a cutting board, then use a sharp boning knife. Start at the breastbone and cut along the length of the breast. Make sure it's scraping close to the ribs while you gently pull the meat away with your other hand. Continue cutting through the meat, pulling it away from the bone as you go until it has been removed from the bone. Remove the tenderloin and reserve for another use.

> “*This was delicious. I used a chicken and poultry rub, then cooked it as directed. My chicken breasts often come out are dry, but this was very moist.*”
>
> **– EDITH WALLACE**

PER SERVING: 491 CAL; 35G FAT (13G SAT); 42G PRO; 0G CARB (0G FIBER, 0G SUGARS); 773MG SODIUM

Thai Peanut Chicken

If you like your takeout with some serious heat, up the amount of cayenne in this quick stir-fry (or add a sliced Thai chile pepper with the garlic, ginger, and green onions in Step 3).

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** NIMITZ

★★★★★ **527 REVIEWS**

2	**cups uncooked white rice**
4	**cups water**
½	**cup low-sodium chicken broth**
3	**Tbsp. less-sodium soy sauce**
2	**Tbsp. creamy peanut butter**
2	**tsp. white wine vinegar**
¼	**tsp. cayenne pepper, or to taste**
3	**Tbsp. peanut or olive oil**
3	**Tbsp. chopped garlic**
1½	**Tbsp. chopped fresh ginger**
¾	**cup chopped green onions**
1½	**lb. boneless, skinless chicken breasts, cut crosswise into 3×¼-inch strips**
2½	**cups broccoli florets**
⅓	**cup unsalted dry-roasted peanuts**
	Hot cooked rice, for serving

1. Bring rice and water to a boil in a saucepan. Reduce heat to low and simmer, covered, 20 minutes.

2. Meanwhile, stir together broth, soy sauce, peanut butter, vinegar, and cayenne in a bowl until smooth.

3. Heat oil in a skillet or wok over medium-high heat until it shimmers. Stir-fry garlic, ginger, and green onions until fragrant, about 1 minute. Add chicken and stir-fry until no longer pink, about 3 minutes. Transfer chicken to a bowl.

4. Reduce heat to medium and add broccoli, peanuts, and peanut butter mixture to skillet. Cook, stirring frequently, until broccoli is tender, about 4 minutes. Add chicken and cook until heated through, about 2 minutes more. Serve over rice.

SWEET ON PEAS

If you like, you can substitute snow peas or sugar snap peas for the broccoli.

> “*Delicious and easy! Not too sweet and good heat. I added 1 tsp. of chili paste to the garlic and ginger.*”
>
> – **JEFFERY**

PER SERVING: 528 CAL; 17G FAT (3G SAT); 36G PRO; 57G CARB; 3G FIBER; 416MG SODIUM

Rosemary Chicken with Orange-Maple Glaze

Quality counts when it comes to maple syrup. Always use pure maple syrup—not maple-flavor syrup—for this recipe. Serve with steamed, buttered green beans sprinkled with toasted slivered almonds.

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** LINDA W.

★★★★☆ **426 REVIEWS**

- **1 Tbsp. chopped fresh rosemary**
- **1 tsp. salt**
- **½ tsp. black pepper**
- **4 (6-oz.) boneless, skinless chicken breasts, patted dry**
- **¾ cup dry white wine**
- **½ cup orange juice**
- **¼ cup pure maple syrup**
- **1 Tbsp. butter**
- **1 Tbsp. olive oil**

1. Stir together rosemary, salt, and pepper in a small bowl. Rub mixture on both sides of chicken breasts.

2. Bring wine and juice to a boil in a saucepan over medium-high heat. Reduce heat to medium, but keep high enough to continue a low boil, stirring occasionally, 5 minutes. Stir in maple syrup and continue boiling, stirring frequently, until reduced to ½ cup, about 5 minutes.

3. Melt butter with oil in a large, heavy skillet (with a lid) over medium-high heat until foam subsides. Brown chicken, turning once, about 2 minutes per side (reduce heat if chicken browns too fast). Add orange-maple glaze to skillet (mixture will bubble and boil). Reduce heat to a simmer, cover, and cook about 8 minutes, or until a thermometer inserted into thickest parts registers 165°F. Turn chicken in pan sauce to coat, then transfer to a platter and let rest 5 minutes.

4. Pour any meat juices accumulated on platter into pan sauce and boil over medium heat until thickened slightly, about 1 minute. Pour sauce over chicken.

HEALTHY

PER SERVING: 360 CAL; 11G FAT (2G SAT); 39G PRO; 18G CARB (0G FIBER, 29G SUGARS); 671MG SODIUM

Sheet Pan Apple Honey-Glazed Chicken

Baby rainbow carrots roasted with honey-mustard–glazed chicken makes an eye-catching fall dinner. While the chicken and vegetables roast, cook a box of herbed long grain and wild rice blend to serve alongside.

HANDS-ON 10 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** EFISHER

★★★★⯪ **56 REVIEWS**

- **1 (10-oz.) pkg. peeled baby rainbow or regular carrots (about 2 cups)**
- **1 Tbsp. olive oil**
- **1 tsp. salt**
- **½ tsp. black pepper**
- **¼ cup apple jelly**
- **1 Tbsp. honey**
- **1 Tbsp. Dijon mustard**
- **½ tsp. cinnamon**
- **2 (8-oz.) boneless, skinless chicken breasts, halved lengthwise**
- **¼ tsp. crushed red pepper**

1. Preheat oven to 425°F. Line a 10×15-inch baking pan with heavy foil.

2. Halve or quarter any large carrots. Arrange carrots in a single layer on 1 side of pan. Drizzle with oil and sprinkle with ¼ tsp. each salt and black pepper; toss lightly to coat. Bake 15 minutes.

3. Meanwhile, stir together jelly, honey, mustard, cinnamon, and ½ tsp. salt in a bowl. Sprinkle chicken with remaining ¼ tsp. each salt and black pepper. Arrange chicken on other half of pan; spoon 2 Tbsp. jelly mixture over chicken. Spoon remaining jelly mixture over carrots; toss lightly to coat.

4. Bake 5 minutes, then turn chicken over and bake 5 minutes more, until carrots are tender and an instant-read thermometer inserted into thickest parts of chicken registers 165°F. Drizzle with any jelly mixture remaining in pan and sprinkle with red pepper.

> “*The flavor was delicious — a nice blend of sweet, tangy mustard, and cinnamon. Even my teenager who said he's tired of chicken and was not eating it anymore devoured it.*”
>
> – DEBBIEG

BUTTER IT UP

Apple butter can be used in place of the apple jelly.

HEALTHY **GLUTEN-FREE**

PER SERVING: 267 CAL; 6G FAT (1G SAT); 26G PRO; 26G CARB (2G FIBER, 18G SUGARS); 727MG SODIUM

Mexican Tinga

Tinga is a dish of shredded chicken, beef, or pork tossed in a fragrant adobo sauce. It's often served on crunchy, open-face tostadas. Just add your favorite toppers.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** FREDDA O. ★★★★☆ **194 REVIEWS**

- **1¼ lb. boneless, skinless chicken breasts**
- **2 cups reduced-sodium chicken broth or water**
- **2 Tbsp. olive oil**
- **1 large onion, cut into rings**
- **1 (14.5-oz.) can stewed tomatoes**
- **4 canned chipotle peppers in adobo sauce, plus 1 Tbsp. adobo sauce from the can**
- **8 tostada shells**
- **Desired toppers, such as shredded cabbage, chopped cherry tomatoes, sour cream, sliced radishes, crumbled Cotija cheese, chopped fresh cilantro, and/or lime wedges**

1. Pound chicken to an even thickness with a meat mallet. Bring chicken broth to a boil in a saucepan. Add chicken and return to a boil. Reduce heat; simmer, covered, 12 to 15 minutes or until chicken is no longer pink and an instant-read thermometer inserted into thickest parts registers 165°F. Using a slotted spoon, remove chicken to a cutting board; let stand until cool enough to handle. Using 2 forks, shred chicken into bite-size pieces. Reserve broth for another use.

2. Meanwhile, heat oil in a saucepan over medium heat. Add onion; cook, stirring, until softened and translucent, about 5 minutes.

3. Meanwhile, add tomatoes, chipotle peppers, and adobo sauce to a blender. Purée until smooth. Pour tomato mixture into saucepan with onion. Simmer, covered, 5 minutes. Stir shredded chicken into sauce mixture; simmer until heated through, 1 to 2 minutes more.

4. To serve, top tostada shells with chicken mixture. Serve with desired toppers.

BEAT THE HEAT

As written, this recipe is quite spicy. Cut the number of chipotles down to correspond to your tolerance for heat.

> "I used a can of fire-roasted diced tomatoes versus stewed tomatoes. Based on reviews, I only used one-and-a-half chipotle chiles. I think my husband could have handled the full amount, but it was just enough heat for me. This was a very simple, quick, and tasty recipe."
>
> – CECILIA

PER SERVING: 493 CAL; 21G FAT (5G SAT); 37G PRO; 39G CARB (5G FIBER, 7G SUGARS); 1,207MG SODIUM

Bulgogi-Style Skillet Chicken

Korean bulgogi is traditionally made with thin slices of beef that are marinated and cooked to crispy goodness on a grill or stovetop griddle. This recipe uses thinly cut chicken, which cooks quickly and soaks up the flavorful sauce.

HANDS-ON 15 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** DAVEPARKS4 ★★★★⯪ **200 REVIEWS**

2	**green onions, chopped (white and light green parts only, reserving dark green parts for garnish) (¼ cup)**
¼	**cup less-sodium soy sauce**
2½	**Tbsp. brown sugar**
2	**Tbsp. minced garlic**
2	**Tbsp. sesame oil**
1	**Tbsp. sesame seeds**
½	**tsp. black pepper**
¼	**tsp. cayenne pepper**
1	**lb. boneless, skinless chicken breasts, thinly sliced**
2	**cups hot cooked whole-grain brown rice or 2 warmed 8.8-oz. pkg. microwavable rice**
	Crushed red pepper, for serving

1. For sauce, whisk together white and light green parts of green onion, soy sauce, brown sugar, garlic, sesame oil, sesame seeds, black pepper, and cayenne pepper in a bowl.

2. Put chicken and sauce in a large skillet over medium-high heat. Cook, stirring, until chicken is cooked through and sauce reduces slightly, about 6 minutes.

3. Divide rice and chicken evenly among four bowls and drizzle with sauce from skillet. Garnish with reserved dark green onion. Serve with crushed red pepper.

> *“I doubled the recipe. I had to fight my son off so we could have leftovers for tomorrow. I served with brown rice and asparagus.”*
>
> **– ELLARAE**

HEALTHY

PER SERVING: 385 CAL; 12G FAT (2G SAT); 30G PRO; 38G CARB (2G FIBER, 9G SUGARS); 636MG SODIUM

Glazed Chicken and Peaches

This dish is best made at the peak of peach season—generally from late July to early September. It's wonderful as is, but you can enhance it by adding a little bit of white wine to the sauce and letting it simmer for a couple of minutes on the stove. Finish the plate with a sprinkling of chopped toasted pecans.

HANDS-ON 30 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SOMEONESWT

★★★★½ **107 REVIEWS**

4	**(6-oz.) boneless, skinless chicken breasts**
¾	**tsp. plus ⅛ tsp. salt**
¼	**tsp. plus ⅛ tsp. black pepper**
1	**cup peach or apricot preserves**
1½	**Tbsp. olive oil**
1	**Tbsp. less-sodium soy sauce**
1½	**tsp. finely chopped garlic**
1½	**tsp. Dijon mustard**
4	**ripe peaches, halved and pitted**

1. Preheat an outdoor grill or indoor grill pan to medium heat (325°F to 375°F). Oil grill grates.

2. Sprinkle both sides of chicken with ¾ tsp. salt and ¼ tsp. pepper. For sauce, stir together preserves, oil, soy sauce, garlic, mustard, and remaining ⅛ tsp. salt and ⅛ tsp. pepper in a bowl. Set aside about ¼ cup for peaches.

3. Lightly oil grate; grill chicken, covered, until golden, about 4 minutes per side. Brush both sides with sauce; continue grilling, turning frequently, 2 to 3 minutes more or until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a plate and cover with foil.

4. Scrape grill grate clean and lightly oil grate. Grill peach halves, cut sides down, 2 minutes. Turn over and brush with reserved ¼ cup sauce. Grill until tender, 3 to 4 minutes more.

> *"The sauce was a perfect blend of sweet and savory. The recipe makes plenty, so be very generous with the sauce. It's what makes the dish so good!"*
>
> – SHEILA LALONDE

NO GRILL? NO PROBLEM

If you don't have a grill, you can sauté the peaches in some olive oil until they just start to soften a bit.

PER SERVING: 503 CAL; 10G FAT (12G SAT); 41G PRO; 67G CARB (3G FIBER, 54G SUGARS); 788MG SODIUM

Chicken Breasts in Caper Cream Sauce

This dish is easy, elegant, and absolutely delicious. The capers add pops of briny flavor to the rich cream sauce. Garnish with sliced cherry tomatoes for a touch of acidity to balance the richness of the dish.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** MOMMYTO2BOYS

★★★★★ **1,616 REVIEWS**

- **4 (6-oz.) boneless, skinless chicken breasts, patted dry**
- **1 tsp. lemon pepper**
- **1 tsp. salt**
- **1 tsp. dried dill**
- **1 tsp. garlic powder**
- **3 Tbsp. butter**
- **½ cup whipping cream**
- **2 Tbsp. capers, drained and rinsed**
- **Sliced cherry tomatoes, for garnish**

1. Sprinkle chicken with lemon pepper, salt, dill, and garlic powder. Melt butter in a large skillet over medium heat. Cook chicken, turning frequently, until golden on both sides, about 5 minutes. (Reduce heat a bit if butter starts to brown.) Continue cooking, turning chicken once, 5 to 7 minutes or until an instant-read thermometer inserted into thickest parts registers 165°F. Transfer chicken to a serving platter and cover with foil.

2. Increase heat to high. Add whipping cream to skillet; simmer, whisking constantly, until reduced to sauce consistency, about 3 minutes. Remove from heat, stir in capers, and pour over chicken. Garnish with cherry tomatoes.

LACKING LEMON PEPPER?

If you don't have lemon pepper seasoning in your spice rack, season the chicken with salt, pepper, dill, and garlic powder, then add 2 tsp. lemon zest to the whipping cream before simmering.

> *"This recipe is absolutely delicious. I don't change anything except I try to make a little extra sauce because it is so wonderful. I highly recommend this."*
>
> – CHARLOTTE A TEXAN

GLUTEN-FREE

PER SERVING: 313 CAL; 21G FAT (13G SAT); 28G PRO; 2G CARB (0G FIBER, 0G SUGARS); 974MG SODIUM

Easy After-Work Chicken Française

Despite its name, Chicken Française (also known as Chicken Francese or “French chicken”) isn’t French at all, but rather an old-school Italian-American restaurant staple. Chicken cutlets are dredged in seasoned flour, pan-fried until golden brown, then served in a bright and silky lemon sauce.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** GCBENEZRA

★★★★⯪ **141 REVIEWS**

¾	**cup flour, plus 2 Tbsp. for sauce**
½	**tsp. salt**
¼	**tsp. black pepper, plus more for garnish**
2	**eggs**
1	**lb. chicken breast cutlets (or boneless, skinless chicken breasts, quartered and pounded to ½-inch thickness)**
½	**cup vegetable oil**
⅓	**cup butter**
1	**cup sliced mushrooms**
2	**tsp. fresh thyme leaves**
1½	**cups low-sodium chicken broth**
¼	**cup lemon juice**
1	**lemon, thinly sliced**
¼	**cup chopped fresh parsley**

1. Stir together ¾ cup flour, the salt, and ¼ tsp. pepper in a shallow dish. Lightly beat eggs in another shallow dish. Dip chicken in flour mixture to coat, shaking off excess. Dip in beaten eggs to coat, then dip again in flour mixture.

2. Heat oil in a large skillet over medium heat. Working in batches, cook chicken about 2½ minutes per side, until golden brown and an instant-read thermometer inserted into centers registers 165°F. Transfer to a paper towel–lined plate.

3. Drain oil and carefully wipe skillet clean using paper towels. Melt butter with mushrooms over medium heat. Add thyme and remaining 2 Tbsp. flour; cook, stirring, 2 minutes. Add broth, lemon juice, and lemon slices; cook, stirring, until thickened and bubbly, 2 to 3 minutes. Return chicken to skillet and heat through. Sprinkle with additional pepper and parsley.

> “Fantastic recipe! Just like restaurants make it. Make sure the oil is hot before you add the chicken.”
>
> **– CAGNEYMAX**

STICK TO IT

To help the flour and egg create a crisp coating that will stick to the chicken, pat the chicken dry with a paper towel before dipping.

PER SERVING: 443 CAL; 24G FAT (11G SAT); 33G PRO; 24G CARB (1G FIBER, 1G SUGARS); 814MG SODIUM

FISH
SHELL

& FISH

Eat more fish! It's easy with these fresh, delicious recipes.

PANKO-CRUSTED
SALMON
WITH LEMON

P. 122

Chef John's Salmon

This recipe is low-effort, high reward. Broiling is a go-to method for cooking fish quickly—which means it stays moist and butter-knife tender. A center-cut salmon fillet is a perfect thickness for this, but other similarly shaped fish will also work.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CHEF JOHN

★★★★☆ **238 REVIEWS**

- **4 (5- to 6-oz.) center-cut salmon fillets, about 1½ inches thick**
- **¼ tsp. kosher salt**
- **1 clove garlic, sliced**
- **1 Tbsp. chopped fresh tarragon**
- **1 Tbsp. chopped fresh flat-leaf parsley**
- **3 Tbsp. mayonnaise**
- **1 tsp. Dijon mustard**
- **1 tsp. fresh lemon juice**
- **Pinch cayenne pepper**

1. Position oven rack 5 to 6 inches from heat source and preheat broiler. Line a rimmed baking sheet with foil and coat lightly with cooking spray.

2. Arrange fillets on prepared baking sheet and sprinkle with salt. Grind garlic, tarragon, and parsley in a small food processor or with a mortar and pestle until a loose paste. Add mayonnaise, Dijon, lemon juice, and cayenne; pulse until combined. Spread over fillets.

3. Broil until fillets are well-browned, about 5 minutes. Reduce heat to 450°F. Continue baking until salmon flakes easily with a fork, 5 to 7 minutes, or until an instant-read thermometer inserted into thickest parts registers 130°F.

TUCK YOUR TAIL

If you have salmon fillets that are not center-cut—meaning they're from the thicker part of the middle of the fish—and you have thinner tail portions, you can tuck the tail portion under the rest of the fillet to prevent it from overcooking and drying out.

> *"I loved this recipe! Instead of just broiling, I started my salmon in a cast-iron frying pan on the stove until it was partially cooked and then finished it under the broiler. Yum!"*
>
> – MAWLEART

GLUTEN-FREE

PER SERVING: 569 CAL; 36G FAT (5G SAT); 57G PRO; 2G CARB (0G FIBER, 0G SUGARS); 431MG SODIUM

Everything-Bagel Salmon Sheet Pan Dinner

Delicate salmon with a crunchy topping is paired with tender sweet potatoes and broccoli drizzled with a sweet-and-spicy mustard glaze in this simple sheet pan dinner.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** NICOLEMCMOM

★★★★★ **15 REVIEWS**

- **2 medium sweet potatoes, sliced into ¼-inch-thick wedges**
- **2 Tbsp. olive oil**
- **½ tsp. kosher salt**
- **½ tsp. black pepper**
- **2 Tbsp. Dijon mustard**
- **2 Tbsp. honey**
- **1 Tbsp. mayonnaise**
- **5 cups small broccoli florets**
- **4 (5- to 6-oz.) salmon fillets, about 1 inch thick**
- **5 tsp. everything bagel seasoning**
- **2 tsp. less-sodium soy sauce**

1. Position oven rack in center of oven; preheat oven to 425°F. Line a rimmed baking sheet with foil; lightly coat foil with cooking spray. Add sweet potatoes. Drizzle with 1 Tbsp. oil; toss to coat. Sprinkle with ¼ tsp. each salt and pepper. Roast 15 minutes.

2. Meanwhile, stir together Dijon, honey, and mayonnaise in a small bowl. In another bowl, toss broccoli florets with remaining 1 Tbsp. oil and remaining ¼ tsp. each salt and pepper.

3. Remove baking sheet from oven. Slide potatoes to one side of baking sheet; put salmon on opposite side. Brush each fillet with 1 tsp. mustard mixture and sprinkle with everything bagel seasoning. Scatter broccoli around potatoes and salmon.

4. Roast until vegetables are tender, salmon flakes easily with a fork, and an instant-read thermometer inserted into thickest parts of salmon registers 145°F, about 10 minutes.

5. Adjust oven to broil. Broil until salmon is golden, about 2 minutes. Stir soy sauce into remaining mustard mixture. Drizzle over potatoes and broccoli to serve.

> *I made this for my daughter who came home from college and she just simply said, 'Wow, Dad, you can cook!' I added extra cayenne and soy sauce."*
>
> – LVARTANIAN

EVEN IT UP

For even cooking, choose salmon fillets that are similar in size.

HIDDEN GEM

PER SERVING: 517 CAL; 20G FAT (3G SAT); 39G PRO; 39G CARB (6G FIBER, 15G SUGARS); 925MG SODIUM

Panko-Crusted Salmon with Lemon

A double shot of lemon—zest and lemon-pepper seasoning—gives the crispy Parmesan-panko crust zippy flavor. The seasoned breading mixture would work well on nearly any kind of fish.

HANDS-ON 5 MIN **TOTAL** 25 MIN **SERVES** 2 **SUBMITTED BY** THEDAILYGOURMET ★★★★⯨ **30 REVIEWS**

- **3 Tbsp. panko bread crumbs**
- **1 Tbsp. grated Parmesan cheese**
- **1 tsp. lemon-pepper seasoning**
- **½ tsp. dried thyme**
- **½ tsp. dried parsley**
- **⅛ tsp. garlic powder**
- **⅛ tsp. lemon zest**
- **2 (4-oz.) salmon fillets**
- **1 Tbsp. butter, melted**
- **Lemon wedges, for serving**
- **Chopped fresh parsley, for garnish**

1. Preheat oven to 375°F. Line a baking sheet with foil. Stir together panko, Parmesan, lemon-pepper seasoning, thyme, dried parsley, garlic powder, and lemon zest in a small bowl.

2. Arrange salmon on prepared baking sheet. Brush melted butter on top and sides of salmon. Sprinkle with panko mixture, pressing into top and sides of salmon to adhere.

3. Bake until fish flakes easily with a fork, 20 to 25 minutes. Serve with lemon wedges and garnish with fresh parsley.

> *I squeezed a little fresh lemon juice into the bread crumb mixture to give it an extra lemony kick, and it was delicious!"*
>
> – MOCHAQUEEN16222

HEALTHY

PER SERVING: 248 CAL; 14G FAT (5G SAT); 24G PRO; 7G CARB (2G FIBER, 1G SUGARS); 319MG SODIUM

Soy and Honey-Glazed Salmon with Asparagus

The soy-honey glaze goes on in two steps—one while the fish is cooking, so that the glaze thickens slightly, and then just before serving for a bright pop of sweet-savory flavor.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CASIE PRICE

★★★★★ **25 REVIEWS**

- **2 Tbsp. less-sodium soy sauce**
- **2 Tbsp. honey**
- **2 tsp. olive oil**
- **1 (1-lb.) salmon fillet, cut into 4 pieces**
- **1 lb. fresh asparagus, trimmed**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **Lemon slices and crushed red pepper, for garnish**

1. For glaze, whisk together soy sauce and honey in a small bowl until honey dissolves.

2. Set an oven rack 6 inches from heat source and preheat broiler. Line a 10×15-inch baking pan with foil and brush with oil. Arrange salmon, skin sides down, and asparagus on prepared pan; sprinkle with salt and pepper.

3. Broil 5 minutes, then drizzle with half of glaze. Continue broiling until salmon flakes easily with a fork, 3 to 5 minutes. Drizzle with remaining glaze and garnish with lemon slices and red pepper.

TRIM IT TIDY

You can identify where the woody part of an asparagus stalk ends and the tender part begins because it will easily bend there—just snap the end off to trim.

> *"I first tried a soy-honey sauce combo on pork chops and chicken, but it's a go-to for salmon now."*
>
> – BJ BRETT

HEALTHY

PER SERVING: 305 CAL; 17G FAT (4G SAT); 25G PRO; 12G CARB (1G FIBER, 10G SUGARS); 576MG SODIUM

Grandma's Famous Salmon Cakes

These canned-salmon cakes are a natural fit for customization. A few ideas: Add panko bread crumbs, sautéed onions and sweet corn, and a dash of curry powder; swap in lemon pepper for the black pepper and add lemon juice and fresh dill; stir in minced bell pepper or jalapeño pepper.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** JESS 4UANDME

★★★★☆ **296 REVIEWS**

1 (14.75-oz.) can salmon, drained and flaked
2 eggs, beaten
1 small onion, diced (½ cup)
1 tsp. black pepper
3 Tbsp. vegetable oil
Lemon wedges and chopped fresh parsley, for garnish

Stir together salmon, eggs, onion, and pepper in a bowl until well combined. Shape into eight patties. Heat oil in a very large skillet over medium heat. Add salmon cakes; cook about 5 minutes per side, until golden and an instant-read thermometer inserted into thickest parts registers 160°F. Serve garnished with lemon wedges and parsley.

SMOKIN' HOT DELICIOUS

Try smoked fresh salmon instead of canned. If you do use canned salmon but want smoky flavor, add a dash of liquid smoke.

> *"I added a little flour, some cornmeal for crunch, and a dash of cayenne for kick. For a bit of southern charm, I served these for dinner with cheese grits and scrambled eggs."*
>
> – SHERICKA N. LEARY

HEALTHY **GLUTEN-FREE**

PER SERVING: 340 CAL; 25G FAT (2G SAT); 27G PRO; 2G CARB (0G FIBER, 1G SUGARS); 36MG SODIUM

Broiled Tilapia Parmesan

Delicate tilapia fillets cook in just 3 to 4 minutes, making them a perfect weeknight dinner. The Parmesan-butter-mayo slather that tops the fish in this recipe is delicious proof that the old taboo against combining fish and dairy was dead wrong. It would work on virtually any fish—cod, halibut, snapper, salmon, and more.

HANDS-ON 10 MIN **TOTAL** 15 MIN **SERVES** 8 **SUBMITTED BY** PHOEBE

★★★★★ **7,273 REVIEWS**

½ cup grated Parmesan cheese
3 Tbsp. butter, softened
3 Tbsp. mayonnaise
2 Tbsp. fresh lemon juice
¼ tsp. dried basil
¼ tsp. black pepper
⅛ tsp. onion powder
⅛ tsp. celery salt
2 lb. tilapia fillets

1. Preheat broiler. Line a broiling pan with foil.

2. Stir together Parmesan, butter, mayonnaise, and lemon juice in a bowl. Stir in basil, pepper, onion powder, and celery salt until well blended.

3. Arrange fillets in a single layer in prepared pan. Broil 4 to 6 inches from heat source 1 minute. Spread Parmesan mixture onto fillets; continue broiling until topping is browned and fish flakes easily with a fork, 2 to 3 minutes more. (Be careful not to overcook fish.)

> “We love this recipe, and I keep finding new ways to change it up: I use celery seed instead of celery salt and sub in a Parmesan-Romano cheese blend. I also add ½ tsp. paprika, ¼ tsp. garlic powder, ¼ tsp. crushed red pepper flakes, and about ½ cup bread crumbs to the cheese mixture, which creates a nice texture and keeps the topping in place.”
>
> **– PHOEBE**

HEALTHY

PER SERVING: 340 CAL; 25G FAT (2G SAT); 27G PRO; 2G CARB (0G FIBER, 1G SUGARS); 220MG SODIUM

Air Fryer Cod

Most frozen fish can go straight from freezer to air fryer—no thawing required. Toss up a quick vinaigrette-dressed slaw while these fillets cook, and serve them with lemon and fresh parsley.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** THEDAILYGOURMET

★★★★★ **7 REVIEWS**

- **1 egg**
- **½ tsp. kosher salt**
- **¾ cup panko bread crumbs**
- **2 Tbsp. ranch seasoning mix**
- **4 (4-oz.) frozen cod fillets**

1. Preheat air fryer to 400°F. Line air fryer basket with a sheet of perforated parchment. (See tip, below right.)

2. Whisk together egg and salt in a shallow dish. Stir together panko and ranch seasoning in a separate dish.

3. Dip each fillet into egg mixture, then dredge in panko mixture to coat. Arrange fillets in prepared basket. Coat fillets with cooking spray. (If needed, work in batches.)

4. Cook 9 minutes. Carefully flip, coat with cooking spray, and continue to cook until fish flakes easily with a fork, about 8 minutes more.

> “*This is an excellent fish recipe. I sometimes serve it as a fish sandwich with a homemade tartar sauce (but it's delicious as a main, too).*”
>
> – RGD

PERFORATE FOR PERFECTION

Air fryer parchment has holes that allow air to circulate for maximum crispness. Make a DIY version by cutting parchment sheets to fit your fryer basket, then piercing the sheets with a hole puncher.

HIDDEN GEM

PER SERVING: 185 CAL; 3G FAT (1G SAT); 23G PRO; 12G CARB (0G FIBER, 0G SUGARS); 680MG SODIUM

Panko-Crusted Air Fryer Mahi-Mahi

These crispy fillets are delicious as a plated meal served with a side or two, but they're also great as tacos: Tuck the fillets (or flaked fish) into tortillas with pico de gallo, avocado crema, shredded cabbage, and a squeeze of lime juice.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** THEDAILYGOURMET

★★★★★ **8 REVIEWS**

- **4 (4- to 6-oz.) skinless mahi-mahi fillets**
- **½ tsp. salt**
- **½ cup flour**
- **2 eggs**
- **1½ cups panko bread crumbs**
- **1 Tbsp. everything bagel seasoning**
- **½ tsp. garlic salt**
- **½ tsp. ground turmeric**
- **½ tsp. black pepper**
- **Chopped fresh dill and/or parsley**
- **Lemon wedges**

1. Preheat air fryer to 400°F. Sprinkle fillets with salt. Put flour in a shallow dish. Whisk eggs in a bowl. In a separate shallow dish, stir together panko, bagel seasoning, garlic salt, turmeric, and pepper.

2. Dip each fillet into flour, then eggs, then panko mixture to coat. Spray both sides of coated fillets with cooking spray. Working in batches, put 2 fillets in a single layer in air fryer basket.

3. Cook, turning halfway through, until fish flakes easily with a fork, 5 to 6 minutes. Repeat with remaining 2 fillets. Sprinkle with fresh herbs. Serve with lemon wedges.

> *"My husband brought home some fresh mahi-mahi from a fishing trip. This recipe did not disappoint!"*
>
> – AUNT TILLY

GO WITH MAYO

If you'd like, you can skip the flour-and-egg dip and instead lightly brush the fillets with mayonnaise, then dip in the bread crumb mixture.

HIDDEN GEM

PER SERVING: 283 CAL; 4G FAT (1G SAT); 28G PRO; 28G CARB (1G FIBER, 1G SUGARS); 854MG SODIUM

Scallops with Oranges and Vanilla Beurre Blanc

The floral musk and tropical spice notes of vanilla do wonders for sweet, buttery desserts. The flavor pairs equally well with buttery, subtly sweet scallops. Shallots in the sauce and sharp celery leaves help balance the dish. Be sure to use vanilla bean paste or seeds from a vanilla bean—not extract.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** BETTY SOUP ★★★★★ **4 REVIEWS**

½ cup dry white wine
1 Tbsp. orange juice
1 shallot, minced
1 tsp. whipping cream
9 Tbsp. cold butter
½ tsp. vanilla bean paste or seeds from ¼ of a vanilla bean
12 fresh or thawed frozen sea scallops (1 lb.)
¼ tsp. salt
¼ tsp. black pepper
1 Tbsp. olive oil
2 oranges, peeled and sectioned
Chopped inner leaves of celery, chives, or green onion

1. Bring wine, orange juice, and shallot to a boil in a small saucepan. Reduce heat to medium and simmer, uncovered, until about 2 Tbsp. of liquid remains, about 10 minutes. Add cream; simmer until mixture is almost evaporated, 1 to 2 minutes more. Whisk in 8 Tbsp. cold butter, 1 Tbsp. at a time, until incorporated. Remove from heat. Strain and discard shallot, then whisk in vanilla. If desired, season with additional salt.

2. Rinse scallops and pat dry with paper towels. Sprinkle with salt and pepper.

3. Heat oil and remaining 1 Tbsp. butter in a large skillet over medium-high heat. Add scallops; cook, turning once, until browned and opaque, 3 to 5 minutes total.

4. Transfer to a serving platter. Top scallops with orange sauce, orange sections, and celery leaves.

BEURRE WHAT?

French for "white butter," beurre blanc is a luscious sauce typically made with white wine, shallots, butter, and cream.

> *This is a wonderful scallop recipe. The sauce with the oranges makes it very special. It's easy to make, and I will certainly make this a lot in the future."*
>
> – RCS

HIDDEN GEM GLUTEN-FREE

PER SERVING: 376 CAL; 27G FAT (17G SAT); 15G PRO; 14G CARB (2G FIBER, 8G SUGARS); 797MG SODIUM

Scallops Mascarpone

Mascarpone is an Italian triple-cream cheese that's very rich and luxurious. Here, it pairs with another luxe ingredient—scallops—to create a company-worthy dish that can be made in just 30 minutes. Serve with chilled dry white wine, such as a Sauvignon Blanc.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** ANDY SMITH

★★★★★ **145 REVIEWS**

12 oz. cavatappi (4¼ cups)
3 Tbsp. butter
2 Tbsp. olive oil
1 Tbsp. chopped fresh parsley, plus more for garnish
1 clove garlic, minced
1 (8-oz.) pkg. sliced fresh button mushrooms
8 oz. asparagus, trimmed and cut into 1-inch pieces (2 cups)
½ tsp. salt
½ tsp. black pepper
¼ tsp. onion powder
1 lb. sea scallops, rinsed and patted dry
1 (8-oz.) container mascarpone cheese
¼ cup milk

1. Bring a large pot of salted water to a boil. Cook pasta according to package directions, reserving ¼ cup pasta water. Drain remaining water.

2. Melt 1 Tbsp. butter with 1 Tbsp. oil in a large skillet over medium heat. Stir in parsley and garlic; cook until fragrant, about 1 minute.

3. Add mushrooms; cook until excess moisture has evaporated, 4 to 5 minutes. Add asparagus and ¼ tsp. each salt, pepper, and onion powder. Cook, stirring occasionally, until asparagus is tender, about 2 minutes more. Remove mixture from skillet.

4. Sprinkle scallops with remaining ¼ tsp. each salt and pepper. Heat remaining 1 Tbsp. oil in skillet over medium-high heat. Add scallops to skillet; cook, turning halfway through, until browned and cooked through, about 6 minutes. Remove scallops from skillet.

5. Stir together mascarpone, milk, and remaining 2 Tbsp. butter in skillet. Cook over medium heat, stirring, until a smooth sauce forms. In a large bowl, toss together pasta, vegetables, and sauce. Add enough reserved pasta cooking water to reach desired consistency. Serve pasta topped with scallops and additional parsley.

SEARING SMARTS

The most important prep step for scallops is to dry out their exteriors as much as possible. Generously salt scallops and chill, uncovered, on a paper towel–lined plate for 10 minutes or up to 8 hours. (The longer they sit, they more moisture they will release.) Pat the scallops dry with a paper towel before cooking for crisp, golden-brown exteriors.

PER SERVING: 826 CAL; 45G FAT (7G SAT); 33G PRO; 73G CARB (5G FIBER, 6G SUGARS); 870MG SODIUM

Swordfish, Calabrian-Style

This dish is typical of Southern Italy, a region famous for its spicy and robust cuisine. Swordfish is marinated in a lemon-and-oil mixture, then pan-fried and cooked with chickpeas or fava (broad) beans and white wine.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SALVATORE

★★★★½ **17 REVIEWS**

3	**Tbsp. olive oil**
1	**Tbsp. fresh lemon juice**
¼	**tsp. salt**
¼	**tsp. black pepper**
1¼	**lb. fresh swordfish, cut into 2-inch pieces**
½	**cup chopped onion**
1	**tsp. flour**
1½	**cups dry white wine**
1	**(15-oz.) can chickpeas or fava beans, drained**
⅓	**to ½ cup chopped fresh parsley**
	Lemon zest
	Lemon wedges

1. Stir together 2 Tbsp. oil, the lemon juice, salt, and pepper in a large bowl. Add fish and toss to coat. Heat remaining 1 Tbsp. oil in a large skillet over medium-high heat. Add onion; sauté until golden, about 8 minutes, then transfer to a plate.

2. Remove fish from marinade, discarding marinade, and pat fish dry with paper towels. Transfer fish to hot skillet over medium-high heat; brown 1 minute on each side, then remove from skillet.

3. Add flour to skillet; cook, stirring, over medium-high heat until lightly browned. Stir in wine, chickpeas, onion, and half of the parsley. Simmer until slightly thickened, 2 to 3 minutes. Return fish to skillet; cook until it flakes easily with a fork, about 1 minute. Serve with remaining parsley, lemon zest, and lemon wedges.

VEG IT UP

This is lovely served with a side of just-wilted garlic baby spinach.

> “My mother is from Calabria, so I thought I would give this recipe a whirl. I'm glad that I did! Thanks Salvatore, this recipe was delicious and very easy to follow.”
>
> **– APRIL**

HIDDEN GEM **HEALTHY**

PER SERVING: 460 CAL; 21G FAT (4G SAT); 33G PRO; 21G CARB (6G FIBER, 5G SUGARS); 388MG SODIUM

Heavenly Halibut

This aptly named halibut recipe is as good as it gets. We're not kidding: Plenty of reviewers say this top-rated halibut rivals anything they've ordered at their favorite restaurants.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CHELLEBELLE

★★★★★ **876 REVIEWS**

- **½ cup grated Parmesan cheese**
- **¼ cup butter, softened**
- **3 Tbsp. chopped green onion, plus more for garnish**
- **3 Tbsp. mayonnaise**
- **2 Tbsp. lemon juice**
- **¼ tsp. salt**
- **1 dash hot sauce**
- **2 lb. skinless halibut or cod fillets**
- **Black pepper, for garnish**

1. Stir together Parmesan, butter, green onion, mayonnaise, lemon juice, salt, and hot sauce in a bowl.

2. Preheat broiler. Line a 10×15-inch baking pan with foil and lightly coat with cooking spray. Arrange fish in a single layer on pan.

3. Broil until fish easily flakes with a fork, 6 to 8 minutes. Spread Parmesan mixture on fish and continue broiling until topping is bubbly and lightly browned, about 2 minutes. Garnish with additional green onion and pepper. If desired, serve with lemon wedges.

FLOUNDER IS FINE

Halibut and flounder are similar fish varieties (they are both white, mild, and firm), but they're not quite the same thing. Halibut is slightly meatier, while flounder is a bit flakier. However, halibut and flounder can be prepared in many of the same ways. If you can't find halibut, this recipe will work well with flounder.

> “Loved it! I added extra Parmesan and skipped the butter. I also added 2 dashes of hot pepper sauce, and used fresh chives instead of green onions. My husband says it's 'guest worthy.' Will never have halibut any other way now.”
>
> – JO

GLUTEN-FREE

PER SERVING: 423 CAL; 25G FAT (11G SAT); 45G PRO; 2G CARB, (0G FIBER, 0G SUGARS); 640MG SODIUM

Sweet and Spicy Jerk Shrimp

This island-inspired sheet-pan meal could not be any easier. The shrimp and veggies get tossed with a little oil and a lot of Jamaican seasoning before being roasted for just 15 minutes. It's bright and colorful, sweet and spicy—and maybe just a little transporting too.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** JAMIE GATES ★★★★☆ **32 REVIEWS**

1½	**lb. large shrimp (31 to 35 count)**
1	**(20-oz.) can pineapple slices packed in 100% juice, drained and cut into 2-inch pieces**
2	**red bell peppers, cut into thin strips (2 cups)**
1	**large red onion, sliced (2 cups)**
1	**fresh jalapeño pepper, halved lengthwise, seeded, and sliced**
2	**Tbsp. olive oil**
1	**Tbsp. Jamaican jerk seasoning**
½	**cup chopped fresh cilantro**
2	**cups hot cooked brown rice**
	Lime wedges

1. Preheat oven to 425°F. Line two 10×15-inch baking pans with foil.

2. Peel and devein shrimp, leaving tails intact if desired. Rinse shrimp; pat dry. Gently toss together with pineapple, bell peppers, red onion, jalapeño, oil, and jerk seasoning in a large bowl. Divide mixture between prepared pans. Roast until shrimp are opaque, about 15 minutes.

3. Sprinkle with cilantro and serve with brown rice and lime wedges.

> "I absolutely loved this one. It was so easy and delicious. I used a combo of red and orange peppers; 2 jalapeños (we like heat), and 2 pounds of shrimp with tail on. I used pineapple chunks instead of slices, and a heaping Tbsp. of the jerk seasoning. I served it over coconut rice. We will make this a regular."
>
> **– WECODANES**

HEALTHY **GLUTEN-FREE**

PER SERVING: 351 CAL; 9G FAT (1G SAT); 33G PRO; 37G CARB (5G FIBER, 12G SUGARS); 411MG SODIUM

Stir-Fried Shrimp with Snow Peas and Ginger

Even a brief brine in salt water—just 5 minutes—helps shrimp stay juicy but firm. Be sure to pat the shrimp dry before cooking.

HANDS-ON 15 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** CCSWALLA ★★★★⯪ **107 REVIEWS**

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1 Tbsp. plus ¼ tsp. salt
2 cups cold water
1 lb. medium-large shrimp (36 to 40 count), peeled and deveined
⅓ cup low-sodium chicken broth
2 tsp. mirin (sweet rice wine)
1½ tsp. cornstarch
1½ tsp. less-sodium soy sauce
¾ tsp. sugar
⅛ tsp. white or black pepper, plus more for garnish
1 Tbsp. vegetable oil
2 Tbsp. minced garlic
1 tsp. minced fresh ginger
6 oz. snow peas, trimmed and halved diagonally
2 Tbsp. chopped fresh chives, plus more for garnish
2 cups hot cooked rice

1. Stir together 1 Tbsp. salt with the cold water in a large bowl until dissolved. Add shrimp and let stand 5 minutes. Drain and rinse shrimp; transfer to paper towels. Stir together broth, mirin, cornstarch, soy sauce, sugar, and pepper in a small bowl.

2. Heat oil in a large skillet or wok over high heat. Add shrimp; cook, turning constantly, until pink on all sides, about 3 minutes. Remove shrimp from skillet. Add garlic, ginger, snow peas, chives, and remaining ¼ tsp. salt to skillet; stir-fry 1 minute.

3. Stir in broth mixture and continue cooking until sauce thickens, 1 to 2 minutes. Return shrimp to skillet; stir to coat. Serve immediately over rice, garnished with additional pepper and chives.

SAFE THAWING

You can use frozen shrimp, thawed, for this recipe. There are two ways to thaw shrimp safely: 1) Slowly in the fridge for about 24 hours per pound. 2) Quickly in a colander in the sink under cold running water. For food safety, don't thaw shrimp in warm water or at room temp.

HEALTHY

PER SERVING: 256 CAL; 4G FAT (1G SAT); 24G PRO; 30G CARB (2G FIBER, 3G SUGARS); 562MG SODIUM

SANDW SALADS & PIZZ

VICHES,

SA

GRILLED CHICKEN,
PLUM, AND
ARUGULA SALAD
P. 162

When a casual meal is on the menu,
turn to these fresh and fun foods.

Lemon-Parmesan Chicken Tender Sandwiches

Pounded thin, chicken tenders take less than 5 minutes to cook. Serve these crispy little cutlets on soft buns with all the fixings. If you don't have lemon pepper–flavor panko, stir together 1½ cups regular panko bread crumbs and 2 teaspoons lemon-pepper seasoning.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** THEDAILYGOURMET

★★★★☆ **1 REVIEW**

- **1 lb. chicken breast tenders**
- **½ cup flour**
- **1 tsp. granulated garlic**
- **½ tsp. paprika**
- **½ tsp. granulated onion or ¼ tsp. onion powder**
- **¼ tsp. black pepper**
- **2 eggs, lightly beaten**
- **1½ cups lemon-pepper panko bread crumbs**
- **½ cup freshly grated Parmesan cheese**
- **6 Tbsp. grapeseed oil or other neutral oil**
- **4 hamburger buns, toasted**
- **¼ cup mayonnaise (optional)**
- **Lettuce leaves and tomato slices (optional)**

1. Put chicken between two layers of plastic wrap; lightly pound with a meat mallet or the back of a heavy skillet to about ¼ inch thick.

2. Stir together flour, garlic, paprika, onion, and pepper in a shallow dish. Put eggs in a second shallow dish. In a third shallow dish, stir together panko and Parmesan.

3. Coat each chicken piece in flour mixture, shaking off excess; dip into egg, then press into panko mixture.

4. Heat 1 Tbsp. oil in a skillet over medium-high heat until shimmering. Add about one-third of the chicken to skillet and cook until golden, about 2 minutes. Flip chicken gently and add 1 Tbsp. oil; cook until second side is golden, about 2 minutes more. Transfer to a rack. Repeat with remaining chicken, working in two batches, adding more oil as needed. Serve chicken on buns with mayonnaise, lettuce, and tomato slices (if using).

STAY NEUTRAL

If you have a recipe that calls for neutral oil, use a cooking oil with a mild flavor (so it doesn't affect the finished food's flavor). Some of the most popular options are vegetable oil, canola oil, grapeseed oil, sunflower oil, and corn oil. All of these have a relatively high smoke point, somewhere between 420°F to 450°F, which means they work well for deep-frying, baking, and sautéing.

HIDDEN GEM

PER SERVING: 815 CAL; 42G FAT (7G SAT); 41G PRO; 66G CARB (1G FIBER, 3G SUGARS); 1,157MG SODIUM

SKILLET STEAK TACOS

Skillet Steak Tacos

★★★★☆ **209 REVIEWS**

Toasted tortillas make these tacos a standout. To round out (and veg up) your meal, trade stovetop rice for a quick-steamed bag of frozen riced veggies.

HANDS-ON 15 MIN **TOTAL** 25 MIN
SERVES 8 **SUBMITTED BY** ARMEMBER

- **2 lb. top sirloin steak, cut into thin strips**
- **½ tsp. salt**
- **¼ tsp. black pepper**
- **¼ tsp. cumin (optional)**
- **¼ cup vegetable oil, plus more for searing tortillas**
- **1 medium onion, diced (1 cup)**
- **2 jalapeño peppers, seeded and chopped (¼ cup)**
- **16 (6-inch) corn tortillas**
- **Fresh cilantro, jalapeño pepper slices, Oaxaca cheese, lime wedges, and/or your favorite garnishes**

1. Season steak with salt, black pepper, and cumin (if using).

2. Heat ¼ cup oil in a large skillet over medium-high heat. Add onion and jalapeño; cook, stirring, 1 minute. Add steak; cook, stirring occasionally, until browned and cooked through, about 5 minutes. Remove from skillet.

3. Sear each tortilla in the hot skillet with about ½ tsp. oil, turning once, until lightly browned and flexible. Serve with steak and desired toppings.

HEALTHY

PER SERVING: 284 CAL; 13G FAT (3G SAT); 25G PRO; 16G CARB; (2G FIBER, 1G SUGARS); 139MG SODIUM

Easy Chorizo Street Tacos

★★★★⯪ **453 REVIEWS**

These simple tacos spiked with chipotle peppers are for those who like things a little spicy.

HANDS-ON 30 MIN **TOTAL** 30 MIN
SERVES 4 **SUBMITTED BY** EVOSTOPLIGHT

- **12 oz. uncooked chorizo sausage**
- **1 to 2 tsp. minced canned chipotle peppers in adobo sauce**
- **8 (6-inch) corn tortillas**
- **½ small onion, chopped (¼ cup)**
- **¼ cup chopped fresh cilantro**
- **¼ cup sour cream or Mexican crema**
- **Other toppings as desired, such as sliced radishes, Cotija cheese, chopped tomato, sliced avocado, or finely shredded cabbage**

1. Heat a large skillet over medium-high heat. Add sausage and chipotle peppers; cook, stirring and breaking up lumps, until crisp, 5 to 7 minutes. Transfer to paper towels to drain.

2. Brush both sides of tortillas with drippings from skillet. Wipe out skillet and return to medium heat. Warm tortillas 1 at a time, 30 to 60 seconds per side, then wrap in foil to keep warm.

3. Make 4 stacks of 2 tortillas each. Top each stack with sausage mixture, onion, cilantro, sour cream, and other toppings as desired.

PER SERVING: 342 CAL; 19G FAT (7G SAT); 19G PRO; 25G CARB (4G FIBER, 2G SUGARS); 655MG SODIUM

Philly Cheesesteak Sandwiches with Garlic Mayo

Philadelphians may argue about the exact composition of a Philly Cheesesteak, but no one will deny that this version—slathered with garlic mayo—is delicious.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** TERA

★★★★⯪ **755 REVIEWS**

½	**cup mayonnaise**
1	**clove garlic, minced**
1	**Tbsp. olive oil**
1	**lb. beef round steak, cut into thin strips**
2	**green bell peppers, cut into ¼-inch strips**
2	**onions, sliced into rings**
¾	**tsp. salt**
1	**tsp. black pepper**
4	**hoagie rolls, split lengthwise and toasted**
1	**(8-oz.) pkg. shredded mozzarella cheese**
½	**tsp. dried oregano**

1. Preheat oven to 500°F. Line a baking sheet with foil.

2. Stir together mayonnaise and garlic in a small bowl. Chill, covered, until ready to serve.

3. Heat oil in a large skillet over medium heat. Add beef; cook, stirring occasionally, until lightly browned, about 3 minutes. Remove from skillet.

4. Stir bell peppers, onions, salt, and black pepper into skillet. Cook until vegetables are tender, about 5 minutes. Return beef to skillet and stir to combine.

5. Spread each hoagie roll with 2 Tbsp. garlic mayo and put on prepared baking sheet. Divide beef mixture among rolls. Stir together cheese and oregano in a bowl, then sprinkle over sandwiches.

6. Bake until cheese is melted and slightly browned, about 5 minutes.

> “This was definitely 5 stars! I used sirloin that sat in the fridge with steak seasoning on it for a day and a half to really absorb the flavors.”
>
> – **CRYSTAL S**

PER SERVING: 764 CAL; 41G FAT (12G SAT); 50G PRO; 51G CARB (5G FIBER, 8G SUGARS); 1,445MG SODIUM

French Onion–Beef Meatball Subs

A quick chill of the seasoned meat mixture allows the flavors to blend and helps the meatballs keep their shape when they're baked.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 12 **SUBMITTED BY** KIWICOTTONBALL ★★★★★ **4 REVIEWS**

- **1 lb. ground beef**
- **1 cup fine dried bread crumbs**
- **1 small onion, finely chopped (½ cup)**
- **1 (1- to 1.4-oz.) pkg. dry French onion dip mix**
- **3 large cloves garlic, minced**
- **2 eggs, lightly beaten**
- **½ cup bottled Italian salad dressing**
- **½ cup tomato-based pasta sauce, heated**
- **12 hot dog buns**
- **1 cup shredded mozzarella cheese (4 oz.)**
- **Fresh thyme leaves, for garnish**

1. Put beef, bread crumbs, onion, dip mix, and garlic in a large bowl. Using your hands, combine mixture until well blended. (It will be quite dry.) Mix in eggs and Italian dressing. Chill 10 minutes.

2. Preheat oven to 375°F. Shape mixture into 36 (1½-inch) meatballs. Arrange on a foil-lined 10×15-inch baking pan.

3. Bake about 20 minutes, until an instant-read thermometer inserted into meatballs registers 160°F. Dip meatballs in pasta sauce to coat; arrange 3 meatballs on each bun. Top with cheese and garnish with thyme. (Cooled, undipped meatballs can be frozen in an airtight container up to 3 months. To reheat, microwave on a plate, covered with a paper towel, 1 to 2 minutes, rearranging halfway through.)

AIR FRIED MEATBALLS

Preheat air fryer to 380°F. Working in batches as needed, arrange meatballs inair fryer basket and cook 8 minutes. Turn and cook 2 to 4 minutes more, until an instant-read thermometer inserted into meatballs registers 160°F.

> *These sandwiches were delicious — and my family likes a lot of flavor."*
>
> – FABEVERYDAY

PER SERVING: 492 CAL; 22G FAT (7G SAT); 27G PRO; 44G CARB (2G FIBER, 9G SUGARS); 1,130MG SODIUM

Beef Shawarma Wraps

Traditional shawarma is a Middle Eastern dish of thinly sliced seasoned and/or marinated meat that's threaded onto a large rotisserie into an inverted cone shape and cooked. Crispy pieces of meat are shaved off the exterior of the cone directly into soft pita to serve. Find shawarma seasoning at Whole Foods, Middle Eastern markets, or online—or make your own. (See DIY Shawarma Seasoning below).

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** SARAH QENNAH

★★★★⯪ **2 REVIEWS**

- **1 lb. top sirloin steak, thinly sliced**
- **1 Tbsp. shawarma seasoning**
- **¾ tsp. salt**
- **¼ tsp. ground allspice**
- **2 Tbsp. vegetable oil**
- **¼ cup plain yogurt**
- **2 Tbsp. tahini**
- **2 Tbsp. lemon juice**
- **¼ tsp. garlic powder**
- **4 pita bread rounds**
- **2 Roma tomatoes, halved and sliced (¾ cup)**
- **½ small red onion, thinly sliced**
- **2 cups shredded romaine lettuce**
- **Cracked black pepper, for garnish**

1. Sprinkle steak with shawarma seasoning, ½ tsp. salt, and the allspice. Heat 1 Tbsp. oil in a large cast-iron skillet over high heat. Cook half of beef, turning occasionally, until browned, 3 to 5 minutes. Remove from skillet. Repeat with remaining 1 Tbsp. oil and beef.

2. Whisk together yogurt, tahini, lemon juice, garlic powder, and remaining ¼ tsp. salt in a small bowl.

3. Serve beef in pitas with tomatoes, onion, lettuce, and yogurt mixture. Garnish with pepper.

DIY SHAWARMA SEASONING

In a small airtight container, combine 2 Tbsp. **garlic powder,** 2 Tbsp. **black pepper,** 2 Tbsp. **ground allspice,** 1 Tbsp. **ground nutmeg,** 1 Tbsp. **ground cinnamon**, 1 Tbsp. **ground cardamom**, 2 tsp. **ground cloves,** 1½ tsp. **chili powder,** 1½ tsp. **dried oregano,** and 1½ tsp. **salt.** Makes about ⅔ cup.

> *"I ended up adding sriracha to the sauce for some kick."*
>
> **– SOUP LOVING NICOLE**

HIDDEN GEM · HEALTHY

PER SERVING: 443 CAL; 17G FAT (4G SAT); 33G PRO; 39G CARB (3G FIBER, 3G SUGARS); 835MG SODIUM

Popeye Power Burgers

We celebrated the cartoon sailorman's 90th birthday with this special burger. Popeye started saving the day with his spinach-fueled strength in 1929. We couldn't resist this nod to his hamburger-loving friend, Wimpy.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** BEEFWELLINGTON

★★★★★ **4 REVIEWS**

- **1 (5- to 6-oz.) pkg. fresh spinach, chopped**
- **1 tsp. olive oil**
- **2 cloves garlic, minced**
- **½ cup mayonnaise**
- **1 egg**
- **1 cup shredded low-fat Mexican cheese blend**
- **¾ cup quick-cooking oats**
- **1 small onion, finely chopped (½ cup)**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **1 lb. lean ground beef**
- **6 pretzel or whole-grain buns**

1. Set aside 1 cup spinach. Heat oil in a skillet over medium-high heat. Add remaining spinach and garlic; cook until just wilted, about 2 minutes. Let cool slightly. Gently press spinach with tongs and drain excess liquid. Transfer mixture to a small bowl and stir in mayonnaise. Chill, covered, at least 30 minutes.

2. Meanwhile, whisk together egg, reserved 1 cup spinach, the cheese, oats, onion, salt, and pepper in a large bowl until combined. Add ground beef and mix with your hands until just combined. Shape into six ¾-inch-thick patties.

3. Heat a large skillet over medium heat. Add patties; cook, turning halfway through, about 15 minutes or until an instant-read thermometer inserted into thickest parts registers 165°F.

4. Serve on buns with spinach mixture and other toppings as desired.

> “*I thought these were wonderful. I used ground elk. I did make my burgers a bit smaller, so I got six out of this recipe. I will make these again with beef. I bet even ground turkey would work well.*”
>
> **– LINDA T**

TRY A LITTLE TENDERNESS

The trick to tender, juicy burgers is to mix the ingredients just until combined and to form the patties with a light hand—don't press too hard or the burgers will be dense.

PER SERVING: 677 CAL; 37G FAT (9G SAT); 30G PRO; 57G CARB (4G FIBER, 5G SUGARS); 822MG SODIUM

Sriracha Gouda Grilled Cheese with Sweet Potato Tots

Kick up a grilled cheese with crispy sweet potato tots, smoky bacon, and sriracha-swirled Gouda cheese. If you can't find sriracha Gouda, follow user Rob8448's lead: Use sliced Gouda and add a drizzle of Thai chili sauce.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** DAN WHALEN

★★★★★ **1 REVIEW**

- **16 frozen sweet potato tots**
- **1 Tbsp. vegetable oil**
- **2 Tbsp. butter**
- **4 leaves kale, coarsely chopped**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **4 (4×7-inch) slices sourdough bread**
- **2 Tbsp. mayonnaise**
- **8 slices sriracha Gouda cheese (about 4 oz.)**
- **3 slices crisp-cooked bacon, halved**

1. Preheat oven to 450°F. Toss tots with oil on a baking sheet. Bake, turning halfway through, until browned, about 24 minutes.

2. Meanwhile, heat 1 Tbsp. butter in a large skillet over medium heat. Stir in kale, salt, and pepper; cook until kale is wilted and lightly browned in places, about 5 minutes. Transfer kale to a plate and wipe skillet clean.

3. Spread 2 bread slices with mayonnaise, then top each with 2 slices cheese and half of bacon and kale. Add tots, pressing lightly, then top each sandwich with remaining slices of cheese and bread.

4. Melt remaining 1 Tbsp. butter in skillet over medium heat. Add sandwiches; cook, lightly pressing with a spatula, until cheese is melted and bread is golden brown, about 3 minutes per side. Cut in half.

> *"I substituted a plain smoked Gouda and added a bit of sriracha. I was surprised how tasty the kale was — next time, I'll sauté even more to add to the sandwiches."*
>
> – ROB8448

HIDDEN GEM

PER SERVING: 493 CAL; 25G FAT (11G SAT); 17G PRO; 49G CARB (4G FIBER, 10G SUGARS); 1,091MG SODIUM

IPA

Grilled Chicken, Plum, and Arugula Salad

Summer is the season for stone fruits and grilling, and this recipe takes advantage of both.

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** TRISHA1985 ★★★★★ **31 REVIEWS**

For Dressing

⅓	**cup olive oil**
2	**Tbsp. balsamic vinegar**
2	**Tbsp. chopped shallot**
1½	**tsp. Dijon mustard**
½	**tsp. salt**

For Salad

4	**(8-oz.) boneless, skinless chicken breasts**
3	**tsp. olive oil**
4	**plums or peaches, halved and pitted**
¼	**tsp. salt**
¼	**tsp. black pepper**
1	**(5-oz.) pkg. baby arugula**
½	**cup crumbled feta cheese**

1. Preheat an outdoor grill to medium-high heat (375°F to 450°F). Lightly oil grate.

2. Whisk together oil, balsamic vinegar, shallot, mustard, and salt in a large bowl until well combined.

3. Brush both sides of chicken with 2 tsp. oil. Brush remaining 1 tsp. oil on cut sides of plums. Sprinkle salt and pepper on chicken and plums.

4. Arrange chicken and plums, cut sides down, on grill rack. Grill plums until charred, about 4 minutes. Grill chicken about 10 minutes per side, or until an instant-read thermometer inserted into thickest parts registers 165°F. Slice chicken and cut plums into wedges.

5. Add chicken, plums, and arugula to bowl with dressing; toss to coat. Sprinkle with feta.

> “I concur with others who used the dressing on both the peaches and the chicken. I also added walnuts, which helped add some crunch and texture to the greens. I served with a baguette, some sautéed 'fairy' eggplant pieces, and a nice pink wine. It was such a nice summer treat!”
>
> **– SPAULDINGP**

HEALTHY GLUTEN-FREE

PER SERVING: 403 CAL; 23G FAT (5G SAT); 37G PRO; 12G CARB (2G FIBER, 10G SUGARS); 512MG SODIUM

Weeknight Skillet Slaw Wraps

This is terrific in lettuce wraps or simply as a plated stir-fry. Or, try it over rice or noodles.

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** MATT WENCL

★★★★☆ **136 REVIEWS**

- **1 Tbsp. sriracha**
- **1 Tbsp. rice vinegar**
- **1 Tbsp. less-sodium soy sauce**
- **1 Tbsp. toasted sesame oil**
- **1½ tsp. minced fresh ginger**
- **1 tsp. sugar**
- **1 Tbsp. olive oil**
- **1 lb. ground turkey**
- **½ tsp. salt**
- **½ tsp. black pepper**
- **1 (8- to 10-oz.) pkg. shredded cabbage with carrot (coleslaw mix)**
- **½ cup chopped red bell pepper**
- **2 green onions, chopped (about ¼ cup), plus more for garnish**
- **2 cloves garlic, minced**
- **12 leaves Bibb lettuce**
- **1 Tbsp. toasted sesame seeds**

1. Stir together sriracha, rice vinegar, soy sauce, sesame oil, ginger, and sugar in a small bowl.

2. Heat oil in a wok or large skillet over medium heat. Add ground turkey; cook, stirring to break up lumps, until turkey is cooked through and browned, about 6 minutes. Stir in salt and black pepper. Using a slotted spoon, transfer to a bowl, reserving juices in wok.

3. Add coleslaw mix, bell pepper, onions, and garlic to wok. Cook, stirring frequently, until slaw is slightly wilted, 1 to 2 minutes. Stir in sriracha mixture. Return turkey to wok; cook, stirring, until heated through, 2 to 3 minutes.

4. Spoon about ⅓ cup slaw mixture into each lettuce leaf. Sprinkle with sesame seeds and garnish with green onions.

COLOR AND CRUNCH

Use coleslaw mix with red cabbage and carrots for maximum color and vegetable variety.

> *"Wow, this was great: So easy and tasty. The combo of chipotle and ginger is great! I used sliced pork instead of ground turkey."*
>
> – WINO

HEALTHY

PER SERVING: 317 CAL; 22G FAT (5G SAT); 21G PRO; 10G CARB (1G FIBER, 4G SUGARS); 623MG SODIUM

Caprese Salad with Grilled Flank Steak

Slices of juicy, marinated steak top this perennial favorite restaurant salad.

HANS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** COOKINMAMA ★★★★★ **83 REVIEWS**

1	**lb. flank steak**
3	**cloves garlic, minced**
2	**Tbsp. olive oil**
¾	**tsp. kosher salt**
¼	**tsp. plus ⅛ tsp. freshly cracked black pepper**
1	**(10-oz.) pkg. cherry tomatoes, halved (2 cups)**
4	**oz. fresh mozzarella cheese pearls**
¼	**cup coarsely chopped fresh basil, plus more for garnish**
¼	**cup extra-virgin olive oil**
2	**Tbsp. white balsamic vinegar**
1	**Tbsp. honey**
⅛	**tsp. garlic powder**
1	**(6.5-oz.) pkg. butter lettuce mix**

1. Put steak in a large zip-top plastic bag. Add 2 cloves minced garlic, 1 Tbsp. olive oil, ½ tsp. salt, and ¼ tsp. pepper. Seal bag and distribute marinade around steak. Let stand while preparing salad, at least 10 minutes.

2. Meanwhile, for caprese salad, toss together tomatoes, mozzarella, basil, remaining 1 clove minced garlic, and remaining 1 Tbsp. olive oil in a bowl. Chill, covered, until ready to serve.

3. Preheat an outdoor grill to medium-high heat and lightly oil grate.

4. Grill steaks, turning halfway through, 7 to 9 minutes for medium-rare (145°F) or 10 to 12 minutes for medium (160°F). Transfer to a cutting board and let stand, covered, 5 minutes. Thinly slice steak across the grain.

5. Meanwhile, for vinaigrette, whisk together extra-virgin olive oil, white balsamic vinegar, honey, garlic powder, and remaining ¼ tsp. salt and ⅛ tsp. pepper in a small bowl.

6. To serve, divide lettuce and caprese salad evenly among four plates. Top each portion with a quarter of the steak slices. Drizzle with vinaigrette and garnish with additional basil.

> “
>
> *I have a wood-burning grill, so I let the steak smoke for about 8 minutes on each side, then seared it on the stove in a cast-iron skillet. I will definitely add this one to the rotation!”*
>
> **– RINGER**

Ⓖ **GLUTEN-FREE**

PER SERVING: 601 CAL; 44G FAT (14G SAT); 37G PRO; 13G CARB (2G FIBER, 10G SUGARS); 454MG SODIUM

Jalapeño, Garlic, and Onion Cheeseburgers

These smoky, spicy burgers hit on all cylinders. For an even bigger kick, swap in peppery arugula and top burgers with grilled onion.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** STEVE

★★★★☆ **56 REVIEWS**

1	**lb. lean ground beef**
½	**cup finely chopped onion**
1	**jalapeño pepper, finely chopped**
2	**cloves garlic, minced**
½	**tsp. kosher salt**
½	**tsp. black pepper**
4	**slices pepper Jack cheese**
4	**hamburger buns, toasted**
	Sliced tomato, onion, jalapeño, lettuce, and mayonnaise (optional)

1. Preheat grill to medium-high heat (375°F to 450°F) and lightly oil grate.

2. Mix together ground beef, onion, jalapeño, garlic, salt, and pepper in a bowl. Form into four patties.

3. Grill patties, covered, 5 minutes per side, until an instant-read thermometer inserted into thickest parts registers 165°F. Top with cheese and serve on buns with desired toppings.

> “I have to fess up: I made these two nights in a row. The first night I didn't have pepper Jack cheese—I used cheddar, and they were great, too. I added Worcestershire and some hot sauce to the mixture in Step 2. Yum!”
>
> – **LAURIE PECCI JEWETT**

PER SERVING: 494 CAL; 28G FAT (11G SAT); 30G PRO; 25G CARB (2G FIBER, 5G SUGARS); 614MG SODIUM

Better-for-You Burgers

Bison is very lean but has big, meaty flavor. Incorporating chopped mushrooms into the meat mixture helps keep the burgers moist and juicy—and adds flavor, too.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CHRISTINEM

★★★★★ **3 REVIEWS**

- **1 lb. ground bison or ground turkey breast**
- **1 tsp. dried oregano**
- **½ tsp. cumin**
- **¼ tsp. salt**
- **¼ tsp. ground chipotle chile pepper**
- **¼ tsp. black pepper**
- **¾ cup chopped portobello mushrooms**
- **½ cup shredded cheddar cheese**
- **½ small onion, finely chopped (¼ cup)**
- **4 whole-wheat hamburger buns, split and toasted**
- **Assorted toppings such as avocado, pico de gallo, and lettuce**

1. Preheat an outdoor grill to medium-high heat (375°F to 400°F).

2. Mix together bison, oregano, cumin, salt, chipotle pepper, and black pepper in a bowl. Add mushrooms, cheese, and onion; mix until well distributed. Divide mixture into four portions; shape each into a 1-inch-thick patty. Make an indentation in the center of each patty with your thumb.

3. Lightly oil grill grate. Add patties; grill, covered, 5 to 7 minutes per side, or until an instant-read thermometer inserted in centers registers 165°F. Serve on buns with toppings.

TURKEY TIP

We used ground turkey breast as an alternative to the bison because it's very lean as well, but you can certainly swap in regular ground turkey.

> *"These burgers are excellent—and those were the first words out of my husband's mouth after he took his first bite. I used onion buns. These get five stars, all the way!"*
>
> – SOUP LOVING NICOLE

HIDDEN GEM HEALTHY

PER SERVING: 454 CAL; 16G FAT (7G SAT); 31G PRO; 20G CARB (4G FIBER, 5G SUGARS); 527MG SODIUM

Apple-Turkey Sloppy Joes

We swapped out traditional ground beef for ground turkey in these perennially popular sloppy Joes. Granny Smith apples lend sweetness and a bit of tang, while tarragon and cloves add big, aromatic flavor.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** LUTZFLCAT

★★★★☆ **8 REVIEWS**

1 lb. ground turkey breast
1 medium onion, chopped (3/4 cup)
1 medium red bell pepper, chopped (3/4 cup)
1 small Granny Smith apple, peeled and diced (1/2 cup)
2 (8-oz.) cans tomato sauce
1/4 cup ketchup
2 tsp. Dijon mustard
1 tsp. minced fresh tarragon (optional)
1/2 tsp. ground cloves (optional)
8 whole-wheat hamburger buns

1. Add turkey, onion, bell pepper, and apple to a large nonstick skillet over medium heat. Cook, stirring, until turkey is browned, about 9 minutes.

2. Stir in tomato sauce, ketchup, mustard, and, if using, tarragon and cloves. Bring to a boil. Reduce heat to medium-low; simmer, uncovered, until desired consistency, about 10 minutes. Add a little water if mixture gets too thick. Serve on buns.

HERBAL OPTIONS

The licorice flavor of tarragon can be an acquired taste. If you're not a fan, you can substitute basil, parsley, or sage here.

> “This was savory and sweet. It's a very good recipe for the fall.”
>
> **– LYNDA**

HIDDEN GEM **HEALTHY**

PER SANDWICH: 251 CAL; 3G FAT (1G SAT); 21G PRO; 34G CARB (5G FIBER, 9G SUGARS); 700MG SODIUM

CHEF JOHN'S
JUICY LUCY

Chef John's Juicy Lucy

★★★★⯪ **31 REVIEWS**

Two different restaurants in Minneapolis claim to have invented these cheese-stuffed burgersburgers, resulting in the variants "Juicy Lucys" and "Jucy Lucys." Regardless of the spelling, Chef John's version is a decadent upgrade to your basic burgers.

HANDS-ON 15 MIN **TOTAL** 25 MIN
SERVES 4 **SUBMITTED BY** CHEF JOHN

1½ lb. ground beef
2 tsp. Worcestershire sauce
½ tsp. garlic powder
⅛ tsp. cayenne pepper
4 slices sharp cheddar cheese
½ tsp. kosher salt
½ tsp. black pepper
4 hamburger buns, split
4 slices tomato
4 lettuce leaves
Pickles, ketchup, and mustard (optional)

1. Mix together beef, Worcestershire, garlic powder, and cayenne in a large bowl. Divide mixture into eight 3-oz. balls, then press into patties about 4 inches in diameter.

2. Cut a 3½-inch round from each cheese slice using a round cookie cutter or the rim of a glass. Sprinkle four patties with ¼ tsp. each salt and black pepper, then top with cheese rounds and leftover cheese pieces. Top with remaining four patties and gently press edges together to seal. Sprinkle with remaining ¼ tsp. each salt and black pepper.

3. Heat a grill pan over medium-high heat. Grill patties 5 minutes per side or until an instant-read thermometer inserted into top patties (before reaching cheese) registers 160°F. Serve on buns with tomato and lettuce and (if using) pickles, ketchup, and mustard.

PER SERVING: 613 CAL; 36G FAT (15G SAT); 43G PRO; 26G CARB (1G FIBER, 6G SUGARS); 769MG SODIUM

California Melts

★★★★⯪ **162 REVIEWS**

Toasted almonds add crunch to this classic open-face sandwich.

HANDS-ON 15 MIN **TOTAL** 20 MIN
SERVES 4 **SUBMITTED BY** ORNERY

8 oz. button mushrooms, sliced
¼ cup mayonnaise
1 Tbsp. chopped fresh basil
⅛ tsp. salt
1 tomato, sliced
1 avocado, sliced
4 slices whole-grain bread, lightly toasted
4 slices Swiss cheese
⅓ cup sliced almonds, toasted

1. Preheat oven broiler. Add mushrooms to a large, dry skillet over medium heat. Cook, stirring, until all liquid is evaporated and mushrooms are golden brown, about 5 minutes.

2. Stir together mayonnaise and basil in a small bowl. Sprinkle salt over tomato and avocado slices.

3. Arrange toasted bread on a baking sheet. Spread each slice with basil mayonnaise. Divide tomato, mushrooms, avocado, and Swiss cheese among bread slices.

4. Broil sandwiches 6 to 8 inches from heat source until cheese melts and begins to bubble, about 2 minutes. Sprinkle with toasted almonds.

PER SERVING: 391 CAL; 29G FAT (8G SAT); 15G PRO; 19G CARB (6G FIBER, 4G SUGARS); 319MG SODIUM

Grilled Spicy Lamb Burger

Here's something a little different for all of the enthusiastic grillers out there—a Greek-inspired lamb burger that's a cinch to make and will have family and friends raving.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** ALAN HOLLISTER

★★★★⯪ **135 REVIEWS**

1 lb. ground lamb
2 Tbsp. chopped fresh mint leaves
2 Tbsp. chopped fresh cilantro
2 Tbsp. chopped fresh oregano
3 large cloves garlic, chopped
1 tsp. dry sherry
1 tsp. white wine vinegar
1 tsp. molasses
1 tsp. cumin
½ tsp. salt
½ tsp. black pepper
½ tsp. crushed red pepper
¼ tsp. ground allspice
4 Greek pita flatbreads
2 oz. feta cheese, crumbled
Chopped tomato, cucumber slices, red onion slivers, and Greek yogurt, for garnish

1. Mix together lamb, mint, cilantro, oregano, garlic, sherry, vinegar, and molasses in a large bowl. Shape into four 4½-inch-thick patties.

2. Stir together cumin, salt, black pepper, red pepper, and allspice in a small bowl. Sprinkle evenly over lamb patties.

3. Brush a grill pan with oil and preheat over medium heat. Grill burgers 5 to 7 minutes per side or until an instant-read thermometer inserted into thickest parts registers 160°F. Set aside.

4. Arrange pitas on grill pan; grill until hot, 1 to 2 minutes per side. Serve burgers wrapped in pitas and topped with feta. Garnish with tomato, cucumber, red onion, and Greek yogurt.

NO PITA, NO PROBLEM

As an alternative to the pita, serve these flavorful burgers on a salad of arugula and microgreens topped with quick-pickled red onions.

> *"This recipe is so good! I doubled the meat mixture and baked some into meatballs to serve with garden tomatoes, red onions, tzatziki, and spicy sweet potato fries."*
>
> – APRIL NANCE

PER SERVING: 497 CAL; 25G FAT (11G SAT); 27G PRO; 39G CARB (3G FIBER, 3G SUGARS); 845MG SODIUM

Spicy Black Bean and Corn Burgers

Craving a crusty burger with all the fixings but trying to cut down on your meat consumption and increase the amount of veggies in your diet? This flavorful burger accomplishes all three.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** GRUMPY'S HONEYBUNCH

★★★★½ **52 REVIEWS**

3	**Tbsp. olive oil**
1	**small onions, chopped (½ cup)**
1	**jalapeño pepper, seeded and minced**
2	**cloves garlic, minced**
1	**tsp. dried oregano**
½	**medium bell pepper, diced (½ cup)**
½	**cup sweet corn kernels**
1	**(15-oz.) can no-salt-added black beans, rinsed and drained**
½	**cup dried bread crumbs**
4	**tsp. chili powder**
1	**Tbsp. minced fresh cilantro**
½	**tsp. cumin**
½	**tsp. salt**
¼	**cup flour**
4	**hamburger buns or (7- to 8-inch) flour tortillas**
1	**cup finely shredded lettuce**
1	**avocado, sliced**
	Salsa, tomato slices, or sour cream (optional)

1. Heat 1 Tbsp. oil in a skillet over medium heat. Add onion, jalapeño, garlic, and oregano; cook, stirring, until onion is softened, about 4 minutes. Stir in bell pepper and corn; cook until bell pepper is tender, about 4 minutes more.

2. Mash beans in a large bowl. Stir in onion mixture, bread crumbs, chili powder, cilantro, cumin, and salt. Knead until mixture clings together, then divide into four patties. Put flour in a shallow plate; dredge patties to coat all over.

3. Heat 1 Tbsp. oil in skillet over medium heat. Add patties; cook until browned on 1 side, 5 to 8 minutes. Add remaining 1 Tbsp. oil to skillet and turn patties over; cook until browned, 5 to 8 minutes more. Serve on buns with lettuce and avocado slices and (if using) salsa, tomato slices, or sour cream.

> *"This recipe is excellent. I added some oats, chopped chipotle peppers in adobo, and smoked paprika, and skipped the corn. I also tripled the recipe to freeze patties for later."*
>
> – NICKI WOOD

VEGETARIAN

PER SERVING: 508 CAL; 21G FAT (3G SAT); 14G PRO; 68G CARB (9G FIBER, 6G SUGARS); 1,192MG SODIUM

Killer Bacon-Cheese Dogs

Say goodbye to basic dogs: Finish these bacon-wrapped hot dogs with sliced cheese and your favorite barbecue sauce.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** DRINK SPILLER

★★★★☆ **56 REVIEWS**

- **8 all-beef hot dogs**
- **8 slices bacon**
- **8 hot dog buns, split**
- **8 slices Swiss or cheddar cheese**
- **½ cup barbecue sauce**
- **Sliced green onion or chopped red onion, for garnish**
- **Crushed red pepper, for garnish**

1. Prepare an outdoor grill for indirect grilling, lighting burners or pushing lit coals to 1 side only. Set a drip pan under unlit side. Heat to medium heat (325°F to 375°F).

2. Wrap hot dogs with bacon and insert toothpicks to hold ends in place. Arrange hot dogs on unlit side of rack. Grill, covered, turning occasionally, until bacon is crisp, about 18 minutes. Transfer hot dogs to direct heat to brown quickly. Arrange buns, cut sides down, over heat until lightly toasted.

3. Fill each bun with a cheese slice and a hot dog, then top with barbecue sauce, green onion, and red pepper.

> “I make a horizontal slice into my hot dogs and stuff them with cheese before wrapping in bacon and grilling. We've been doing this for years, and our family and friends love them.”
>
> **– KERRY LEE**

PER SERVING: 463 CAL; 31G FAT (12G SAT); 19G PRO; 26G CARB (2G FIBER, 12G SUGARS); 1,360MG SODIUM

Festival-Style Grilled Sausage Sandwiches

This tasty sausage sandwich is inspired by those found at Italian festivals in Boston's North End.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** CARINA

★★★★★ 45 REVIEWS

- **1 small onion, trimmed and halved crosswise**
- **1 red bell pepper, halved and seeded**
- **3 tsp. olive oil**
- **4 (4-oz.) links hot Italian sausage**
- **¼ tsp. black pepper**
- **4 (6-inch) hoagie rolls, split and toasted**
- **1 Tbsp. grated Parmesan cheese**

1. Preheat an outdoor grill to medium heat (350°F to 375°F). Brush onion and bell pepper halves with 2 tsp. oil.

2. Grill onion, bell pepper, and sausages, turning halfway through, about 8 minutes or until vegetables are charred and tender and an instant-read thermometer inserted into sausages registers 165°F. Transfer bell pepper to a small bowl; let stand, covered, 5 minutes.

3. Remove and discard bell pepper skin. Slice bell pepper and onion into strips. Toss together bell pepper and onion strips, black pepper, and remaining 1 tsp. oil in a bowl. Serve sausages in rolls with bell pepper-and-onion mixture. Sprinkle sandwiches with Parmesan.

NO POKING!

As the sausages grill, you may be tempted to poke them with a fork. Avoid the temptation—you want to keep the delicious juices inside the links for that quintessential "snap" without drying out the sausages.

> *"I love this combo of sausage, peppers, and onions. Here's one suggestion: Top these sandwiches with sauerkraut to take them to a whole new level."*
>
> **– KB1**

PER SERVING: 575 CAL; 34G FAT (11G SAT); 27G PRO; 41G CARB (4G FIBER, 4G SUGARS); 1,283MG SODIUM

Andouille and Poblano Quesadillas

Precooked link sausages need only be warmed through. (And they bring loads of flavor to quick dinners.) For the spice-averse, kielbasa will do the trick without the kick. Use prechopped onion and bell pepper from your grocery store's produce section to shave off even more time.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** STEPHANIE S

★★★★✩ **22 REVIEWS**

- **2 Tbsp. canola or vegetable oil**
- **2 smoked chicken andouille sausage links, diced (10 oz.)**
- **2 poblano peppers, diced (1 cup)**
- **1 medium red onion, diced (¾ cup)**
- **½ medium red bell pepper, diced (½ cup)**
- **½ cup frozen corn kernels**
- **1 serrano pepper, finely chopped (optional)**
- **4 (9-inch) flour tortillas**
- **1⅓ cups shredded sharp cheddar cheese**
- **¼ cup sour cream**
- **¼ cup salsa**
- **Chopped fresh cilantro or parsley, for garnish**

1. Heat 1 Tbsp. oil in a large nonstick skillet over medium heat. Add sausage, poblano peppers, red onion, bell pepper, corn, and serrano pepper (if using). Cook, stirring occasionally, until sausage is lightly browned and vegetables are softened, about 10 minutes. Transfer to a bowl; wipe out skillet with a paper towel.

2. Spoon one-fourth of the sausage mixture (about ⅔ cup) onto one half of each tortilla; top each with ⅓ cup cheese and fold tortillas over filling to form four half-moon quesadillas.

3. Heat remaining 1 Tbsp. oil in skillet over medium heat. Working in two batches, cook quesadillas until cheese is melted and tortillas are browned and crispy, about 5 minutes per side. Cut into wedges. Serve with sour cream and salsa and garnish with cilantro.

> "These are the best quesadillas we've ever made. I had just regular chicken sausage, but we still loved them. We decided to add about 1½ Tbsp. of our homemade taco seasoning to the veggie mixture while it was cooking. It was the perfect amount. We can't wait to make these again!"
>
> – MANDY IN THE MAKING

PER SERVING: 599 CAL; 32G FAT (14G SAT); 25G PRO; 55G CARB (5G FIBER, 5G SUGARS); 1,119MG SODIUM

Farmers Market Vegetarian Quesadillas

Whether you get your veggies from a farmers market, your garden, or your local supermarket, these quick quesadillas make a great snack or a quick and healthy lunch or simple supper.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** JENNIFER BAKER

★★★★☆ **350 REVIEWS**

- **1 Tbsp. olive oil**
- **1 medium red bell pepper, chopped (3/4 cup)**
- **1 small zucchini, chopped (1 cup)**
- **1 small yellow squash, chopped (1 cup)**
- **1 cup sliced mushrooms**
- **1 medium red onion, chopped (3/4 cup)**
- **1/4 tsp. salt**
- **6 (8-inch) whole-wheat tortillas**
- **2 1/4 cups shredded sharp cheddar cheese (9 oz.)**
- **Sour cream and salsa (optional)**

1. Heat oil in a large pan over medium-high heat. Add bell pepper, zucchini, yellow squash, mushrooms, onion, and salt. Cook, stirring occasionally, just until tender, about 7 minutes. Remove from pan.

2. Coat pan with cooking spray. Lay a tortilla in pan and sprinkle with ½ cup cheese. Spread with ¾ cup vegetable mixture and sprinkle with another ¼ cup cheese. Top with another tortilla; cook until golden, 2 to 3 minutes per side. Repeat with remaining ingredients. Cut each quesadilla into 6 wedges. Top with sour cream and salsa (if using).

> “I used green peppers, green onions, bok choy, and zucchini. I used shredded Mexican cheese blend and a sprinkle of taco seasoning. My husband isn't complaining, and he's eating vegetables. I consider this a win!”
>
> – SUE P

BAKE AND SERVE

To cook the quesadillas all at once, arrange on a parchment paper–lined sheet pan and bake at 400°F for 6 to 8 minutes.

VEGETARIAN

PER SERVING: 345 CAL; 21G FAT (10G SAT); 14G PRO; 26G CARB (6G FIBER, 5G SUGARS); 636MG SODIUM

Ranch Turkey Tacos

These turkey tacos may be leftover turkey breast's highest calling. Drizzle with a homemade salsa-studded ranch dressing and top with your favorite taco toppers.

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** JOAN DREDGE

★★★★✫ **108 REVIEWS**

- **½ cup milk**
- **¼ cup mayonnaise**
- **1 Tbsp. dry ranch dressing mix**
- **5 Tbsp. salsa**
- **8 (6-inch) corn tortillas**
- **2 cups shredded cooked turkey or rotisserie chicken**
- **½ tsp. cumin**
- **2 cups packaged shredded red cabbage**
- **1 cup crumbled queso fresco or shredded pepper Jack cheese**
- **4 green onions, sliced (½ cup)**
- **1 avocado, peeled, pitted, and diced**
- **Lime wedges**
- **Hot sauce (optional)**

1. Stir together milk, mayonnaise, ranch dressing mix, and 1 Tbsp. salsa in a small bowl. Chill, covered, until ready to serve.

2. Warm tortillas in a large dry skillet over medium-high heat, about 30 seconds per side. Stack and wrap in foil to keep warm.

3. Stir together remaining salsa, turkey, and cumin in skillet; cook over medium heat until heated through, 3 to 5 minutes. Divide among tortillas; top with remaining cabbage, cheese, green onion, avocado, and dressing mixture (1 Tbsp. per taco). Serve with lime wedges and, if desired, hot sauce.

> *"My husband loves anything with ranch, and these were a hit. I used pico de gallo and added a few slices of bacon, avocado, and shredded cheddar cheese. Yum!"*
>
> **– JILLIAN**

PER SERVING: 536 CAL; 32G FAT (9G SAT); 30G PRO; 35G CARB (7G FIBER, 5G SUGARS); 968MG SODIUM

Sheet Pan Fish Tacos

Flaky whitefish gets the taco treatment—with minimal cooking and cleanup. Chill leftover chipotle sour cream in an airtight container up to five days and use as a tortilla chip dip.

HANDS-ON 20 MIN **TOTAL TIME** 30 MIN **SERVES** 6 **SUBMITTED BY** NICHOLE MCLAUGHLIN ★★★★★ **5 REVIEWS**

For Fish

- **3 Tbsp. olive oil**
- **1 Tbsp. chili powder**
- **1 tsp. ground paprika**
- **1 tsp. ground cumin**
- **1 tsp. onion powder**
- **½ tsp. kosher salt**
- **½ tsp. black pepper**
- **4 (5-oz.) fresh or frozen skinless mahi-mahi or tilapia fillets, thawed if frozen**

For Slaw

- **4 cups coleslaw mix**
- **½ cup finely chopped fresh cilantro**
- **1 jalapeño pepper, seeded and minced**
- **1 medium lime, juiced**
- **1 tsp. red wine vinegar**
- **¼ tsp. garlic powder**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **2 Tbsp. olive oil**

For Chipotle Sour Cream

- **1 (8-oz.) container sour cream**
- **1 canned chipotle pepper in adobo, finely chopped**
- **1 Tbsp. adobo sauce (from can of chipotles)**
- **¼ tsp. salt**

For Serving

- **12 small flour tortillas, warmed**
- **Fresh cilantro, for garnish**
- **Lime wedges**

1. For fish, preheat oven to 425°F. Line a rimmed baking sheet with foil; brush with 2 Tbsp. oil.

2. Stir together chili powder, paprika, cumin, onion powder, salt, and black pepper in a small bowl.

3. Arrange fish fillets on prepared baking sheet. Drizzle 1 Tbsp. oil over fish; rub or brush to coat. Sprinkle spice mixture evenly over both sides of fillets. Bake until fish flakes easily with a fork and edges are caramelized, 10 to 12 minutes.

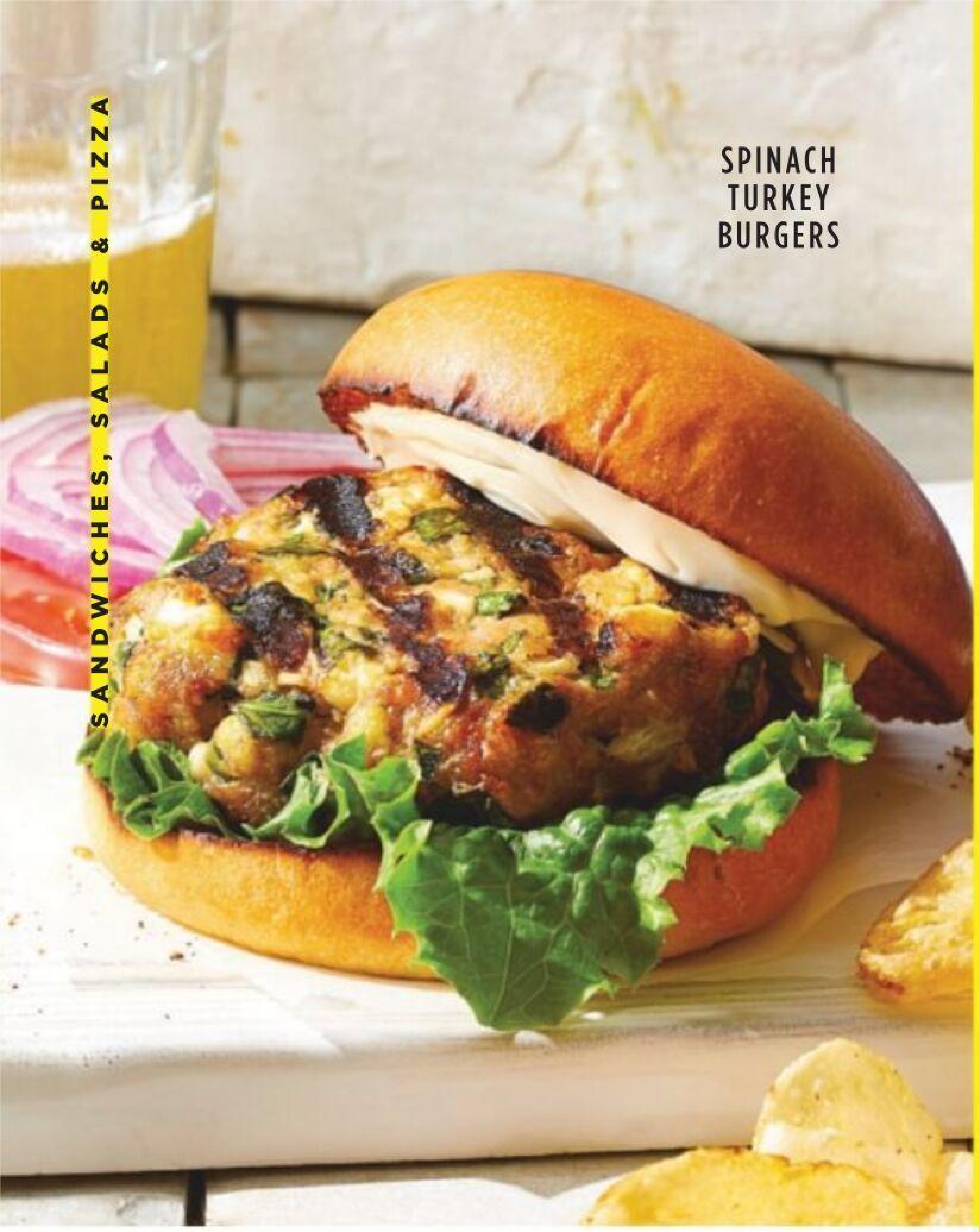
4. Meanwhile, for slaw, toss together coleslaw mix, chopped cilantro, jalapeño, lime juice, vinegar, garlic powder, salt, pepper, and olive oil in a large bowl.

5. For chipotle sour cream, stir together sour cream, chipotle pepper, adobo sauce, and salt in a bowl.

6. Flake fish into bite-size pieces. Divide fish and slaw evenly among tortillas and top with chipotle sour cream. Garnish with cilantro and serve with limes.

HIDDEN GEM

PER SERVING: 457 CAL; 24G FAT (8G SAT); 25G PRO; 35G CARB (3G FIBER, 2G SUGARS); 679MG SODIUM



SPINACH TURKEY BURGERS

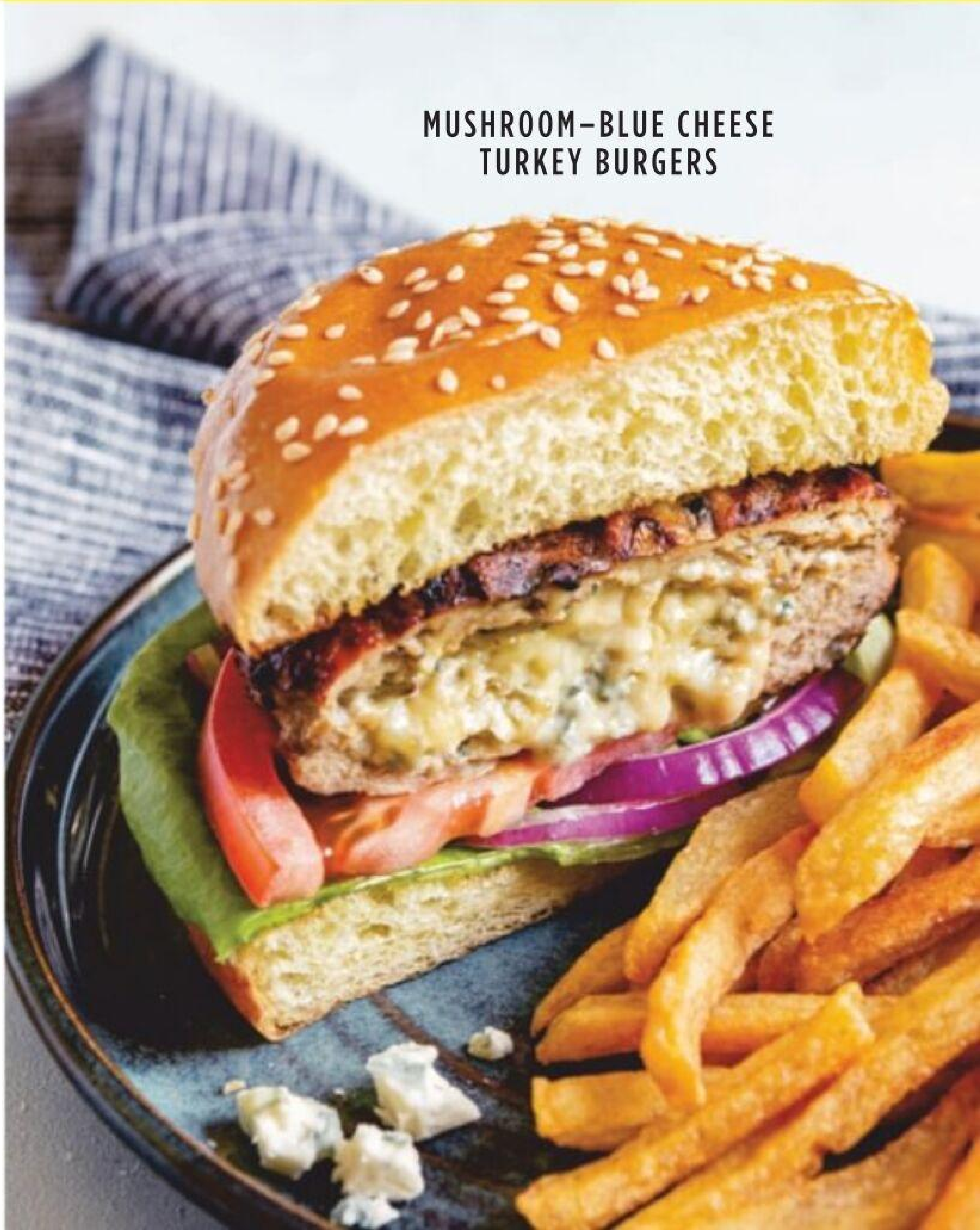
> "This is a fabulous turkey burger— it's juicy and delicious. I skipped the crumbled blue and used blue cheese dressing instead. This will be my new go-to turkey burger recipe."
>
> – MISTY JONES

↓

→

MUSHROOM MAGIC

Leaner meats like turkey and chicken have less fat to keep the meat moist as it cooks, which can result in tougher, easily overcooked, dry burgers. The secret to juicy turkey burgers is to include an ingredient that will add moisture. The easiest, most delicious one is mushrooms. By adding super finely chopped mushrooms, you are putting back a lot of water content that cooks out of lean meats like turkey. If you have one, use a food processor to get the mushrooms chopped super fine, so they incorporate into the meat mixture better.



MUSHROOM–BLUE CHEESE TURKEY BURGERS

Spinach Turkey Burgers

★★★★⯪ **63 REVIEWS**

Use fresh bread crumbs over purchased to keep the burger mixture moist. If you don't have a blender or food processor, you can make fresh bread crumbs by grating the bread on the large holes of a box grater.

HANDS-ON 15 MIN **TOTAL** 25 MIN **MAKES** 6 **SUBMITTED BY** JILL

2 slices white sandwich bread
1 lb. ground turkey
¾ cup finely chopped fresh baby spinach
⅔ cup crumbled feta cheese (2½ oz.)
½ small onion, chopped (⅓ cup)
1 egg, lightly beaten
1 small clove garlic, minced
2 Tbsp. olive oil
2 Tbsp. red wine vinegar
1 tsp. dried oregano
1 tsp. salt
½ tsp. black pepper
6 brioche buns, toasted
Toppings, such as mayonnaise, sliced tomato, lettuce, and sliced red onion

1. Preheat grill or grill pan to medium-high heat (375°F to 400°F).

2. Tear sandwich bread into pieces, then pulse in a blender or food processor until fine crumbs form. (You should have ¾ cup.) Gently mix together bread crumbs, turkey, spinach, feta, onion, egg, garlic, oil, vinegar, oregano, salt, and pepper in a large bowl until just combined. Shape mixture into 6 (½-inch-thick) patties.

3. Oil grill grates. Grill turkey patties, turning halfway through, 10 to 14 minutes or until an instant-read thermometer inserted into centers registers 165°F. Serve burgers on buns with desired toppings.

PER SERVING: 370 CAL; 17G FAT (6G SAT); 24G PRO; 32G CARB (3G FIBER, 7G SUGARS); 886MG SODIUM

Mushroom–Blue Cheese Turkey Burgers

★★★★☆ **268 REVIEWS**

These sear up nicely in a pan on the stovetop if you'd prefer not to grill. Place a large greased skillet over medium-high heat. To test if the skillet is hot enough, sprinkle some water into it. If it sizzles, it's ready. Turn the heat down to medium and add patties. Cook for about 6 minutes, then flip and cook for an additional 5 minutes. Let rest for 5 minutes before serving.

HANDS-ON 15 MIN **TOTAL** 30 MIN
SERVES 4 **SUBMITTED BY** TRISH M

1 lb. ground turkey
4 oz. fresh mushrooms, finely chopped (1½ cups)
1 small onion, finely chopped (½ cup)
2 Tbsp. soy sauce
⅓ tsp. kosher salt
¼ tsp. black pepper
½ cup crumbled blue cheese (2 oz.)
4 hamburger buns

1. Preheat an outdoor grill to medium heat (325°F to 375°F).

2. Mix together ground turkey, mushrooms, onion, soy sauce, salt, and pepper in a bowl. Shape into eight patties. Sprinkle blue cheese on centers of four patties; top with remaining patties and press edges to seal.

3. Oil grill grates. Grill patties, covered, 7 to 9 minutes per side or until an instant-read thermometer inserted into centers registers 160°F. Serve on buns with desired toppings.

PER SERVING: 359 CAL; 15G FAT (6G SAT); 30G PRO; 25G CARB (2G FIBER, 5G SUGARS); 1,090MG SODIUM

Hummus Pizza

Not just for dipping, creamy hummus serves as sauce on a purchased pizza crust for a semi-homemade vegetarian meal. Top with cheese and your favorite fresh or leftover veggies.

HANDS-ON 15 MIN **TOTAL** 25 MIN **SERVES** 8 **SUBMITTED BY** POODLEMOLUC

★★★★☆ **266 REVIEWS**

- **1 (11- to 13.8-oz.) can refrigerated pizza crust dough**
- **1 cup hummus (8 oz.)**
- **1 large bell pepper (any color), chopped (1½ cups)**
- **1 cup broccoli florets**
- **1 Roma tomato, sliced**
- **1 small red onion, sliced (½ cup)**
- **2 cups shredded Monterey Jack cheese**

1. Preheat oven to 475°F. Coat a 12-inch pizza pan or baking sheet with cooking spray.

2. Roll out pizza crust dough in prepared pan. Prick all over with a fork; bake 6 minutes. Spread hummus over hot crust. Arrange bell pepper, broccoli, tomato, and red onion over hummus. Sprinkle with cheese.

3. Bake until crust is golden brown and cheese is melted, 8 to 10 minutes. Cut into 8 slices.

> “
>
> *I used a prepared thin crust spread with classic hummus and topped with Parmesan, shredded mozzarella, and lightly sautéed mushrooms and red onion. I topped everything with small dollops of freshly made pesto, then baked on a pizza stone for 10 minutes. It was absolutely delicious!"*
>
> **– JUDITH DAVID**

HEALTHY

PER SERVING: 269 CAL; 12G FAT (6G SAT); 12G PRO; 27G CARB (3G FIBER, 2G SUGARS); 458MG SODIUM

Ricotta, Bacon, and Arugula Skillet Pizza

This skillet pizza takes its cues from California-style pizza, known for its thin, crispy crust and nontraditional toppings. After baking, an arugula salad–inspired topper adds serious freshness.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** ANNA SHOEMAN

★★★★★ **1 REVIEW**

2½	**Tbsp. olive oil**
1	**(11 to 13.8 oz.) refrigerated pizza dough**
1½	**cups ricotta cheese**
2	**green onions, sliced on the diagonal (¼ cup)**
⅛	**tsp. crushed red pepper**
5	**slices bacon, cooked and crumbled**
½	**cup plus 2 Tbsp. grated Parmesan cheese**
3	**cups fresh arugula**
2	**Tbsp. lemon juice**
⅛	**tsp. salt**
	Black pepper, to taste

1. Preheat oven to 500°F.

2. Spread 2 Tbsp. oil in a large cast-iron skillet. Roll out pizza dough to fit skillet, trimming as needed. Transfer dough to skillet; bake until just beginning to brown, about 8 minutes. Remove from oven and reduce oven temperature to 425°F.

3. Meanwhile, stir together ricotta, green onion, red pepper, and remaining ½ Tbsp. oil in a bowl. Spread mixture over partially baked crust. Top with bacon and ½ cup Parmesan. Bake until crust is golden and topping begins to brown slightly, 10 to 15 minutes.

4. Carefully slide pizza onto a cutting board. Top with arugula and drizzle with lemon juice. Sprinkle with salt, black pepper, and remaining 2 Tbsp. Parmesan.

SPEEDY BACON

Microwaving bacon is fast (and less messy) than stovetop cooking. Line a microwave-safe plate or dish with paper towels and arrange bacon slices in a single layer. Top with two layers of paper towels and microwave on High 3 to 4 minutes. If bacon still looks translucent, continue cooking, 30 seconds at a time, until crispy. Transfer bacon to paper towels; drain 2 minutes, patting with an additional paper towel.

HIDDEN GEM

PER SERVING: 372 CAL; 18G FAT (6G SAT); 18G PRO; 36G CARB (1G FIBER, 1G SUGARS); 734MG SODIUM

Naan Margherita Pizzas with Prosciutto

This super-simple, delicious pizza is highly adaptable. Brush the crust with pesto before layering on the remaining ingredients—or add more of them, such as marinated artichoke hearts, cooked chicken, sun-dried tomatoes, or halved Castelvetrano olives.

HANDS-ON 10 MIN **TOTAL** 20 MIN **MAKES** 4 **SUBMITTED BY** SPOONS AND STILETTOS

★★★★★ **23 REVIEWS**

4 naan flatbreads
1 Tbsp. olive oil
2 green onions, thinly sliced (¼ cup)
2 cloves garlic, finely chopped
2 (8-oz.) balls fresh mozzarella cheese, each cut into 8 slices
2 large Roma tomatoes, each cut into 6 or 7 slices
⅛ tsp. black pepper, plus more for garnish
2 slices prosciutto, cut into strips
¼ cup grated Parmesan cheese
½ cup fresh basil
Flaky salt, for garnish

1. Preheat oven to 350°F. Line 2 large baking sheets with foil. Put flatbreads on prepared baking sheets; brush with oil. Sprinkle green onions and garlic evenly over flatbreads. Arrange 4 mozzarella slices on each flatbread, then top with 3 or 4 tomato slices; sprinkle with black pepper. Top with prosciutto strips and Parmesan.

2. Bake until edges are crispy and cheese is melted, about 8 minutes.

3. Set oven rack about 6 inches from heat source; preheat broiler. Broil until cheese is lightly browned and bubbling, about 2 minutes. Top with basil. Garnish with flaky salt and additional black pepper.

> “I make this recipe at least once a week. I use fresh basil and tomatoes from my garden and have tried it with fresh and shredded mozzarella. I preheat my oven to 450°F, then switch it to broil once the pizza goes in — I like the cheese to brown!”
>
> **– WYOMINGINNKEEPER**

PER SERVING: 622 CAL; 31G FAT (15G SAT); 33G PRO; 49G CARB (3G FIBER, 5G SUGARS); 958MG SODIUM

PAST
NOO

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DLES

Sometimes you just need the comfort of carbs.

PASTA WITH SCALLOPS, ZUCCHINI, AND TOMATOES
P. 226

Healthy Pasta Primavera

This pasta primavera skips the traditional cream sauce, but goes heavy on the veggies. The original recipe calls for asparagus, mushrooms, yellow summer squash, and tomatoes, but any quick-cooking veg will do.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** JILL ANDERSEN

★★★★★ **10 REVIEWS**

- **2 cups whole-grain penne pasta**
- **1 Tbsp. olive oil**
- **1 small onion, chopped (½ cup)**
- **1 lb. fresh asparagus, trimmed and cut into 2-inch pieces**
- **2 cups sliced fresh mushrooms**
- **1 small yellow summer squash, halved lengthwise and sliced**
- **2 cups cherry tomatoes, halved**
- **½ cup shredded carrot**
- **2 cloves garlic, minced**
- **1 Tbsp. chopped fresh oregano**
- **¼ tsp. salt**
- **⅛ tsp. crushed red pepper**
- **½ cup freshly grated Parmesan cheese**
- **Lemon wedges**

1. Cook pasta according to package directions; drain.

2. Meanwhile, heat oil in an extra-large skillet over medium-high heat. Add onion; cook until softened, 2 to 3 minutes. Add asparagus, mushrooms, and squash; cook until just tender, about 5 minutes. Add tomatoes, carrot, garlic, oregano, black pepper, salt, and crushed red pepper; cook until tomatoes begin to soften, about 1 minute.

3. Stir pasta and ¼ cup cheese into vegetable mixture. Top servings with remaining cheese and serve with lemon wedges.

GET SAUCY

For a creamy sauce without adding heavy cream, reserve about ½ cup of the pasta cooking water. Add it, a little at a time, when you stir in the grated Parmesan in Step 3.

> “I made this tonight and loved it. It's very versatile. I omitted the oregano and mushrooms and added broccoli. Don't skip the lemon — it really makes the flavors pop! I'm looking forward to having it for lunch tomorrow, too.”
>
> – CHRISTIE923

HIDDEN GEM · HEALTHY · VEGETARIAN

PER SERVING: 221 CAL; 10G FAT (4G SAT); 10G PRO; 28G CARB (6G FIBER, 7G SUGARS); 407MG SODIUM

Pasta Fazool

No meat thawed? No problem—as long as you have canned beans and dried pasta in the pantry. Put the water on for the pasta, then cook the veggies and heat the beans while the pasta boils. It all finishes at the same time.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** MARBALET

★★★★✩ **55 REVIEWS**

- **8 oz. dry short pasta, such as mezzi rigatoni, macaroni, or rotini**
- **¼ cup olive oil**
- **1 medium yellow onion, chopped (1¼ cups)**
- **½ cup finely chopped carrot**
- **2 Tbsp. chopped fresh parsley**
- **3 large cloves garlic, minced**
- **2 tsp. dried basil**
- **1 tsp. dried oregano**
- **2 (15.5-oz.) cans no-salt-added cannellini beans, drained and rinsed**
- **1 (14.5-oz.) can no-salt-added diced tomatoes, drained with ¼ cup juice reserved**
- **1 tsp. kosher salt**
- **¼ cup grated Parmesan cheese, plus more for serving**
- **2 Tbsp. butter**
- **1 Tbsp. red wine vinegar**
- **Fresh basil, for garnish**

1. Cook pasta according to package directions; drain.

2. Meanwhile, heat oil in a large skillet over medium heat. Add onion, carrot, parsley, garlic, basil, and oregano. Cook mixture, stirring often, until onion is tender, 6 to 8 minutes.

3. Add beans, tomatoes, reserved tomato juice, and salt. Cook, stirring occasionally, until heated through and flavors meld, about 10 minutes.

4. Add cooked pasta to bean mixture. Stir in grated Parmesan, butter, and vinegar. Serve immediately with additional Parmesan and garnish with fresh basil.

> *"I cannot count how many times I've made this recipe. It's just that good! I add extra beans because they give such a great texture to the dish."*
>
> — LORI

BEAN SWAP

Any white beans work in this dish—cannellini, navy beans, or Great Northern.

HEALTHY **VEGETARIAN**

PER SERVING: 369 CAL; 15G FAT (4G SAT); 12G PRO; 48G CARB (6G FIBER, 6G SUGARS); 471MG SODIUM

Pesto Pasta Caprese Salad

The traditional caprese salad is turned into a pasta salad in this summer-fresh dish that's perfect for toting to cookouts. Enjoy it as a light main dish, or add cooked cubed chicken or shrimp for more heft.

HANDS-ON 15 MIN **TOTAL** 25 MIN **SERVES** 6 **SUBMITTED BY** THEDAILYGOURMET

★★★★☆ **146 REVIEWS**

1	**(16-oz.) pkg. farfalle pasta**
½	**cup pesto**
2	**Tbsp. white balsamic vinegar**
1	**Tbsp. extra-virgin olive oil**
¾	**tsp. garlic powder**
½	**tsp. salt, or to taste**
¼	**tsp. black pepper**
1	**(10-oz.) pkg. grape tomatoes, halved (1 pint)**
1	**(8-oz.) pkg. small (perlini) fresh mozzarella balls**
¼	**cup small fresh basil leaves**

1. Cook farfalle according to package directions until al dente. Drain, then rinse with cold water until completely chilled. Drain thoroughly.

2. Whisk together pesto, vinegar, oil, garlic powder, salt, and pepper in a large bowl. Add pasta and toss to coat. Fold in tomatoes, mozzarella, and basil. If desired, top with additional basil, salt, and pepper.

> “
>
> *This is a great recipe. I added a bit more pesto, and everyone at the barbecue loved it. I think next time I make it, I'll add some mayonnaise to keep the pasta from drying out.”*
>
> **– CARRIE DESPOT**

VEGETARIAN

PER SERVING: 494 CAL; 19G FAT (7G SAT); 18G PRO; 63G CARB (4G FIBER, 7G SUGARS); 507MG SODIUM

Ramen Carbonara

There are so many ways to play with ramen to make it more fun and interesting—who would have thought one would be to twist it into a play on a creamy classic Italian pasta dish?

HANDS-ON 10 MIN **TOTAL** 15 MIN **SERVES** 2 **SUBMITTED BY** BETTY SOUP

★★★★☆ **37 REVIEWS**

2 slices bacon, chopped
1 small onion, chopped (½ cup)
2 (3-oz.) pkg. ramen noodles, flavor packets discarded
½ cup frozen peas
¼ cup refrigerated egg product or 1 pasteurized egg
½ cup shredded Parmesan cheese
¼ tsp. salt
Pinch crushed red pepper
Chopped fresh parsley

1. Cook bacon in a large skillet over medium heat until crisp; transfer to paper towels to drain. Add onion to bacon drippings in skillet; cook until tender, 3 to 5 minutes.

2. Meanwhile, cook ramen in a saucepan according to package directions, adding peas the last minute of cooking. Reserve ½ cup cooking water; drain.

3. Whisk together egg, Parmesan, onion and drippings, salt, and red pepper in a bowl. Add hot ramen and cooked bacon. Toss to coat, adding enough reserved cooking water to make a creamy consistency. Top servings with parsley and, if desired, additional Parmesan.

> *"This isn't what I was expecting when I searched for ramen, but I was pleasantly surprised with this recipe! It's very versatile and a super-quick weeknight meal."*
>
> – RACHEL F

PACKET HACK

You can toss the flavor packets for the ramen noodles—or you can turn them into popcorn seasoning. Toss freshly popped popcorn with melted butter, then sprinkle with the seasoning and toss again. Add a pinch of cayenne for kick.

PER SERVING: 682 CAL; 35G FAT (16G SAT); 28G PRO; 63G CARB (4G FIBER, 4G SUGARS); 1,031MG SODIUM

SHRIMP NOODLE BOWLS
SPICY BEEF RAMEN

Spicy Beef Ramen

★★★★⯪ 7 REVIEWS

For thinly sliced beef that boils to medium-rare in a minute or two, freeze the steak for about 30 minutes before slicing.

HANDS-ON 10 MIN **TOTAL** 15 MIN
SERVES 2 **SUBMITTED BY** JULIANA HALE

- **1 (3-oz.) pkg. beef-flavor ramen noodles**
- **1 cup thinly sliced shiitake or other mushrooms**
- **½ cup frozen shelled edamame**
- **1 Tbsp. less-sodium soy sauce**
- **2 tsp. sriracha sauce**
- **4 oz. beef top loin steak, thinly sliced**
- **Chopped fresh cilantro or bias-sliced green onion**

Cook ramen in a saucepan according to package directions, adding mushrooms, edamame, soy sauce, and sriracha the last 2 minutes of cooking. Add steak the last minute of cooking. Top servings with cilantro, and if desired, additional sriracha.

HIDDEN GEM

PER SERVING: 359 CAL; 12G FAT (5G SAT); 22G PRO; 42G CARB (4G FIBER, 6G SUGARS); 1,236MG SODIUM

Shrimp Noodle Bowls

★★★★★ 1 REVIEW

We recommend eating these noodle bowls cold. Just prep ahead and tote for lunch!

HANDS-ON 15 MIN **TOTAL** 15 MIN
SERVES 2 **SUBMITTED BY** JULIANA HALE

- **1 (3-oz.) pkg. ramen noodles, flavor packet discarded**
- **8 oz. frozen cooked shrimp, thawed**
- **½ red bell pepper, julienned (½ cup)**
- **½ cup shredded carrot**
- **½ cup thinly bias-sliced celery or cucumber half-moons**
- **⅓ cup bottled chile-lime vinaigrette or Asian salad dressing**
- **2 Tbsp. chopped dry-roasted peanuts**
- **Fresh mint**
- **Cracked black pepper (optional)**

1. Cook ramen according to package directions. Drain in a colander under cold running water until cool; drain again.

2. Toss together ramen, shrimp, bell pepper, carrot, celery, and vinaigrette in a bowl. Top servings with peanuts, mint, and black pepper (if using).

HEALTHY **HIDDEN GEM**

PER SERVING: 407 CAL; 14G FAT (4G SAT); 28G PRO; 43G CARB (4G FIBER, 10G SUGARS); 443MG SODIUM

Veggie Ramen

Ramen remains a budget favorite, and dialing it up is easy. You can cook velvety, jammy eggs in their shell right in the ramen broth.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** ABROWN604

★★★★★ 15 REVIEWS

4	**cups water**
2	**Tbsp. less-sodium soy sauce**
2	**Tbsp. minced garlic**
1	**Tbsp. sriracha sauce**
1	**tsp. sesame oil**
1	**tsp. rice wine vinegar**
½	**tsp. ground white pepper**
½	**tsp. cracked black pepper**
2	**(3-oz.) pkg. chicken-flavor ramen noodles**
2	**eggs**
1	**(8-oz.) pkg. sliced fresh mushrooms**
1	**large carrot, coarsely shredded (1 cup)**
1	**bunch green onions, thinly sliced**
2	**cups baby spinach**
	Crushed red pepper and sriracha sauce, for serving

1. In a saucepan, stir together the water, soy sauce, garlic, sriracha, sesame oil, vinegar, white pepper, black pepper, and 1 of the flavor packets from the ramen. (Discard remaining packet.) Bring mixture to a boil. Add whole eggs (still in shells) to saucepan; remove from heat. Cover and let stand 7 to 8 minutes. Using a slotted spoon, transfer eggs from saucepan to a bowl of ice water; let cool 30 seconds.

2. Return broth mixture to a boil. Add noodles, mushrooms, carrot, and half the green onions. Cook, stirring occasionally, until noodles are tender yet firm to the bite, about 3 minutes. Add spinach and stir until just wilted.

3. Peel and halve eggs. Top each serving with an egg half and some of the remaining green onions.

4. Serve with crushed red pepper and additional sriracha.

CRUNCHY CROWN

For some delightful crunch in every bite of this noodle dish, top servings with a handful of fresh bean sprouts and thinly sliced radishes.

> "This recipe is simple and delicious! I love how easy it is to change things up: I used 4 cups of Thai-flavor chicken broth, and added red cabbage, a hard-boiled egg, fresh veggies, and about ½ tsp. chili-garlic sauce."
>
> – TINA RODRIGUE

HIDDEN GEM

PER SERVING: 289 CAL; 11G FAT (4G SAT); 12G PRO; 37G CARB (4G FIBER, 4G SUGARS); 908MG SODIUM

Yakisoba Chicken

This Japanese-inspired noodle stir-fry classic is asking for customization: switch up the proteins, the veggies, even the noodles. Soba noodles made with buckwheat flour are more traditional ("soba" means buckwheat), but wheat-flour ramen noodles—or even spaghetti or linguine in a pinch—will work, too.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** EMMAXWELL

★★★★☆ **382 REVIEWS**

- **1 (8-oz.) pkg. soba noodles**
- **1 Tbsp. canola oil**
- **2 Tbsp. chile paste**
- **2 cloves garlic, minced**
- **2 lb. boneless, skinless chicken breasts, cut into ½-inch strips**
- **⅓ cup low-sodium soy sauce**
- **5 cups coarsely chopped cabbage**
- **3 carrots, thinly bias-sliced**
- **1 onion, thinly sliced**
- **½ tsp. toasted sesame oil**
- **Sliced green onions, for garnish**

1. Cook noodles according to package directions. Meanwhile, heat canola oil and chile paste in a large skillet over medium heat. Add garlic; cook, stirring, 30 seconds. Add chicken and half of soy sauce; cook, stirring, until chicken is no longer pink, about 5 minutes. Transfer mixture to a bowl and keep warm.

2. Stir together cabbage, carrots, and onion in skillet over medium heat. Cook until cabbage begins to wilt, 3 to 5 minutes. Stir in chicken mixture, cooked noodles, and remaining soy sauce. Drizzle with sesame oil and toss to coat. Garnish with green onions.

> *"I added a chopped red bell pepper and mushrooms to the veggie mix. We topped off servings with sriracha, a little more soy sauce, and a couple drops of sesame oil."*
>
> – MICHELE H

TAKE A SHORTCUT

To make this quick dish even quicker, you can substitute a bag of coleslaw mix for the cabbage and carrots.

HEALTHY

PER SERVING: 377 CAL; 7G FAT (1G SAT); 42G PRO; 38G CARB (5G FIBER, 4G SUGARS); 845MG SODIUM

Bacon White Cheddar Pesto Mac and Cheese

Up-level baked mac and cheese with shredded white cheddar, smoky bacon, and some purchased basil pesto.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 10 **SUBMITTED BY** FABEVERYDAYBLOG

★★★★☆ **20 REVIEWS**

1	**(16-oz.) pkg. cavatappi**
8	**slices bacon**
3	**Tbsp. butter**
2	**cloves garlic, minced**
3	**Tbsp. flour**
2½	**cups milk**
½	**cup whipping cream**
½	**tsp. salt**
¼	**tsp. black pepper**
2	**cups shredded white cheddar cheese (8 oz.)**
½	**cup prepared basil pesto**
¼	**cup panko bread crumbs**
¼	**cup grated Parmesan cheese**
	Fresh basil leaves, for garnish

1. Grease a 2½- or 3-qt. baking dish. Cook cavatappi according to package directions until al dente; drain. Preheat oven to 350°F.

2. Meanwhile, cook bacon in a large skillet over medium-high heat, turning occasionally, until crisp, about 10 minutes. Drain on paper towels, then finely chop.

3. Melt butter with minced garlic in a saucepan over medium-high heat. Whisk in flour; cook, whisking constantly, until golden, about 1 minute. Add milk, cream, salt, and pepper; whisk until smooth. Bring to a boil, whisking often; reduce heat to medium. Add white cheddar; cook, stirring, until melted.

4. Stir pesto and half of bacon into cheese sauce; pour over cavatappi. Stir to combine, then transfer to prepared baking dish.

5. Mix together panko and Parmesan in a small bowl. Sprinkle evenly over cavatappi. Bake until bubbly and just starting to brown, about 10 minutes. Turn on broiler; broil until browned, 1 to 3 minutes. Top with remaining bacon and garnish with basil.

> *“We really enjoyed this! It was a great ‘grown-up’ twist on regular mac and cheese. I replaced the regular milk with half-and-half, in addition to the heavy cream.”*
>
> – STACI

PER SERVING: 464 CAL; 25G FAT (12G SAT); 18G PRO; 41G CARB (2G FIBER, 5G SUGARS); 585MG SODIUM

Buffalo Chicken Mac and Cheese

This stovetop mac takes its cues from spicy buffalo wings. Top with blue cheese crumbles and celery leaves to drive home the inspiration.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** MATT R

★★★★☆ **157 REVIEWS**

- **1 (16-oz.) pkg. cavatappi**
- **6 Tbsp. butter**
- **6 Tbsp. flour**
- **3 cups milk**
- **2 cups shredded cheddar cheese (8 oz.)**
- **2 cups shredded Monterey Jack cheese (8 oz.)**
- **Pinch black pepper**
- **¼ cup hot sauce, or more to taste**
- **½ cup crumbled Gorgonzola cheese, plus more for garnish**
- **1½ cups chopped cooked chicken meat (from 1 rotisserie chicken)**
- **Chopped celery leaves, for garnish**

1. Cook cavatappi according to package directions until al dente; drain.

2. Meanwhile, melt butter in a large Dutch oven over medium heat. Whisk in flour; cook, whisking constantly, until golden, about 1 minute. Add milk; cook, whisking constantly, until smooth, thickened, and bubbly, about 6 minutes.

3. Reduce heat to medium-low. Add cheddar and Monterey Jack cheeses; cook, stirring, until melted. Stir in pepper and hot sauce to taste.

4. Fold in Gorgonzola, chicken, and cavatappi; cook, stirring, until just heated through. Garnish with additional Gorgonzola and celery leaves.

DON'T BE BLUE

If you can't find Gorgonzola, you can use any type of blue cheese you can find at the supermarket. Several national brands offer decent-quality blue cheese in crumbles.

> *"I added more chicken and 2 finely chopped celery stalks and scaled back the Gorgonzola to ¼ cup."*
>
> – YQT

PER SERVING: 680 CAL; 36G FAT (21G SAT); 35G PRO; 53G CARB (2G FIBER, 6G SUGARS); 957MG SODIUM

Chicken Pasta with Cajun Seasoning

This dish first gained popularity in the 1980s, when Cajun cooking was spreading like wildfire from Louisiana across the country. It's not authentically Cajun—it's essentially Alfredo seasoned with Cajun spices—but one bite in, you won't mind a bit.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 2 **SUBMITTED BY** TAMMY SCHILL

★★★★★ **2,140 REVIEWS**

- **4 oz. dried linguine**
- **2 (6-oz.) boneless, skinless chicken breasts, sliced into thin strips**
- **2 tsp. Cajun seasoning**
- **2 Tbsp. butter**
- **1 green bell pepper, chopped (1 cup)**
- **¾ cup sliced fresh mushrooms**
- **½ red bell pepper, chopped (½ cup)**
- **1 green onion, minced**
- **¼ tsp. salt**
- **¼ tsp. black pepper**
- **¼ tsp. dried basil**
- **⅛ tsp. garlic powder**
- **1½ cups whipping cream**
- **2 Tbsp. grated Parmesan cheese**
- **Fresh basil leaves, for garnish**

1. Cook linguine according to package directions until al dente. Drain.

2. Meanwhile, sprinkle chicken all over with Cajun seasoning. Melt butter in a large skillet over medium heat; add chicken and cook, stirring occasionally, until no longer pink and juices run clear, 5 to 7 minutes.

3. Stir bell peppers, mushrooms, and green onion into skillet; cook, stirring occasionally, about 2 minutes to soften. Stir in salt, black pepper, basil, and garlic powder; cook, stirring, until fragrant, about 1 minute. Stir in whipping cream.

4. Increase heat to medium-high and bring to a simmer. Cook until slightly thickened, about 8 minutes. Stir in cooked linguine and heat through. Sprinkle with Parmesan and basil.

> *"Oh my goodness, this is so creamy and delicious! I didn't have any linguine noodles, so I used spaghetti. It thickened up very nicely in Step 4."*
>
> **– LUVS2COOK**

PER SERVING: 1,175 CAL; 84G FAT (51G SAT); 54G PRO; 56G CARB (5G FIBER, 11G SUGARS); 604MG SODIUM

Pasta Amatriciana

This classic pasta gets its name from the town of Amatrice and is considered one of the four Roman pastas. Its short, pantry-friendly ingredient list means it's practically made for a weeknight dinner.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** CHRISTINE L

★★★★⯪ 371 REVIEWS

- **4 slices bacon, diced**
- **1 small onion, chopped (½ cup)**
- **1 large clove garlic, minced**
- **¼ tsp. crushed red pepper**
- **2 (14.5-oz.) cans stewed tomatoes, with juices**
- **1 lb. dried linguine**
- **1 Tbsp. chopped fresh basil, plus more for garnish**
- **2 Tbsp. finely shredded Parmesan cheese**

1. Add bacon to a large saucepan over medium heat; cook until crisp, about 5 minutes. Transfer bacon to paper towels to drain. Drain all but 2 Tbsp. drippings from pan.

2. Add onion to pan; cook over medium heat about 3 minutes. Stir in garlic and red pepper; cook 30 seconds. Add tomatoes and bring to a boil. Reduce heat; simmer 10 minutes, breaking up tomatoes with a wooden spoon.

3. Meanwhile, cook pasta according to package directions. Drain.

4. Stir basil and bacon into tomato mixture, then stir in cooked pasta. Garnish with additional basil and sprinkle with Parmesan.

DON'T STEW ABOUT IT

If you prefer, you can swap 2 (14.5-oz.) cans diced tomatoes with basil, garlic, and oregano for the stewed tomatoes.

> *"This is a simple, quick, savory, delicious pasta dish. I used a 9-oz. pkg. of fresh linguine."*
>
> – LAURA HALLIE

HEALTHY

PER SERVING: 451 CAL; 12G FAT (3G SAT); 15G PRO; 75G CARB (5G FIBER, 7G SUGARS); 748MG SODIUM

Delicious Meatless Baked Ziti

You won't miss the meat in this cheesy, baked vegetarian pasta run through with mushrooms and wilted baby spinach.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** TRINITYMAN

★★★★★ 14 REVIEWS

- **14 oz. dried ziti pasta (about 4½ cups)**
- **1 Tbsp. olive oil**
- **1 (8-oz.) pkg. fresh mushrooms, sliced**
- **1 (5-oz.) pkg. fresh baby spinach**
- **1 (15-oz.) container part-skim ricotta cheese**
- **1 (8-oz.) pkg. crumbled goat cheese or feta cheese**
- **1 cup shredded mozzarella (4 oz.)**
- **1 (14-oz.) jar tomato pasta sauce**
- **Fresh basil leaves, for garnish**
- **Crushed red pepper (optional)**

1. Preheat oven to 350°F. Coat a 9×13-inch baking dish with cooking spray. Cook pasta according to package directions. Drain and transfer to a large bowl.

2. Meanwhile, heat oil in a skillet over medium-high heat. Add mushrooms; cook until tender and liquid has evaporated, about 5 minutes. Stir in spinach; cook until just wilted, about 1 minute.

3. Stir mushroom mixture, ricotta, goat cheese, and half the mozzarella into bowl with pasta until well combined. Transfer to prepared baking dish. Top with pasta sauce and sprinkle with remaining half of mozzarella. Bake until bubbling and cheese is melted, about 15 minutes. Garnish with basil and sprinkle with red pepper.

DIFFERENT CHEESE, PLEASE

If you'd prefer a slightly milder tasting dish—with lots of creaminess—you can substitute an 8-oz. package of cream cheese for the goat cheese.

> *"This is a quick and easy weeknight meal. I baked it in two dishes so I could share with a neighbor."*
>
> – KIM'S COOKING NOW

HIDDEN GEM VEGETARIAN

PER SERVING: 454 CAL; 19G FAT (11G SAT); 24G PRO; 46G CARB (3G FIBER, 5G SUGARS); 502MG SODIUM

Pasta with Scallops, Zucchini, and Tomatoes

While smaller bay scallops integrate with the other ingredients a bit better, you can use the larger sea scallops, which add a meaty element to the dish.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** LISA STINGER

★★★★½ **319 REVIEWS**

- **1 lb. fettuccine**
- **1 lb. bay scallops**
- **½ tsp. salt**
- **½ tsp. black pepper, plus more for garnish**
- **1 to 2 Tbsp. olive oil**
- **2 small zucchini, chopped (2 cups)**
- **2 pints grape tomatoes, halved**
- **¾ cup chopped fresh basil**
- **2 Tbsp. tomato paste**
- **3 cloves garlic, minced**
- **½ tsp. seafood seasoning (such as Old Bay)**
- **½ tsp. crushed red pepper**
- **Shaved Parmesan cheese, for garnish**

1. Bring a large pot of lightly salted water to a boil. Add fettuccine; cook according to package directions until al dente. Drain, reserving ¾ cup pasta cooking water.

2. Meanwhile, pat scallops dry; sprinkle with salt and black pepper. Heat 1 Tbsp. oil in a very large skillet over medium-high heat. Add half of scallops; reduce heat to medium. Cook until deep brown on bottoms, 1 to 2 minutes. Turn and cook until scallops are opaque, 1 to 2 minutes more. Transfer scallops and any juices to a plate; cover to keep warm. Repeat with remaining scallops, adding remaining 1 Tbsp. oil if needed.

3. Add zucchini to skillet. Cook, stirring, until golden and just tender, 8 to 10 minutes. Stir in reserved pasta cooking water, tomatoes, basil, tomato paste, garlic, seafood seasoning, and crushed red pepper; simmer until heated through and slightly thickened, about 2 minutes. Stir in scallops.

4. Toss sauce with cooked pasta. Garnish with Parmesan and additional black pepper.

> *“I make this a lot — not always with scallops — to serve over gluten-free pasta as a side dish.”*
>
> – **STEPHANIE TOWERY-HAINES**

HEALTHY

PER SERVING: 281 CAL; 3G FAT; 15G PRO; 50G CARB (4G FIBER, 6G SUGARS); 447MG SODIUM

"Exchange Gang" Pasta with Shrimp

This pasta is the result of a friends' challenge: Each friend suggested one ingredient, and submitter Keri created a dish from the ingredient list. Per Keri, it was so good, her kids licked their plates.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** KERI

★★★★★ **154 REVIEWS**

8 oz. dried spaghetti
4 Tbsp. butter
1 cup chopped button mushrooms
½ cup minced shallot or green onion
1 cup grape tomatoes, quartered
2 cloves garlic, minced
¼ tsp. salt
¼ tsp. black pepper, plus more for garnish
1 lb. shrimp, peeled and deveined
¼ cup dry white wine
2 Tbsp. fresh lemon juice
2 cups torn fresh spinach leaves
½ cup half-and-half
¼ cup finely shredded Parmesan cheese, plus more for garnish

1. Cook spaghetti according to package directions until al dente. Drain and toss with 2 Tbsp. butter.

2. Meanwhile, melt remaining 2 Tbsp. butter in a large skillet over medium heat. Add mushrooms and shallot; cook, stirring, until mushrooms are tender, about 5 minutes. Stir in grape tomatoes, garlic, salt, and pepper; cook, stirring, until tomatoes are softened, about 2 minutes. Add shrimp; cook, stirring occasionally, just until shrimp begin to turn pink, about 1 minute.

3. Stir in wine and lemon juice. Increase heat to medium-high. Cook, uncovered, until shrimp are opaque, about 1 minute. Stir in spinach until wilted, then stir in half-and-half and Parmesan. Cook until heated through and sauce is slightly thickened, about 3 minutes. Serve over cooked spaghetti and garnish with additional pepper and Parmesan.

> "I use Allrecipes often, but never leave reviews. This pasta deserves one, though: It's incredible! It has great flavor and texture, and was just as good when I heated it up the next day. I would make this for company!"
>
> – ARTDOG

PER SERVING: 508 CAL; 18G FAT (11G SAT); 32G PRO; 52G CARB (4G FIBER, 7G SUGARS); 477MG SODIUM

Balsamic Ravioli

Toss frozen ravioli in a brown butter–balsamic sauce an elevated dinner that's weeknight-friendly. You can swap out the cheese-filled ravioli for any flavor, such as sausage, butternut squash, mushroom, or chicken.

HANDS-ON 25 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** VIJMS 2

★★★★★ 12 REVIEWS

- **1 (22-oz.) pkg. frozen cheese-filled ravioli**
- **½ cup walnut pieces**
- **¼ cup butter**
- **¼ cup balsamic glaze**
- **¼ cup grated Parmesan cheese**
- **Chopped fresh parsley, for garnish**

1. Bring a pot of lightly salted water to a rolling boil. Add ravioli and return to a boil. Cook, uncovered, stirring occasionally, until ravioli float to the top and filling is hot, 3 to 5 minutes. Drain, then arrange in a single layer on a foil-lined baking sheet.

2. Meanwhile, heat a large skillet over medium heat. Add walnuts; cook, stirring, until browned and fragrant, about 5 minutes. Transfer to a cutting board. Chop when cooled.

3. Add 2 Tbsp. butter to skillet; cook over medium heat until slightly browned, 1 to 2 minutes. Add half of ravioli to skillet in a single layer; cook until browned, about 2 minutes per side. Transfer to a plate, then repeat with remaining butter and ravioli. Drizzle with balsamic glaze and sprinkle with toasted walnuts and Parmesan. Garnish with parsley.

"BEURRE NOISETTE"

The fancy French term for brown butter is beurre noisette, or literally "hazelnut butter," because its nutty flavor and fragrance is similar to that of toasted hazelnuts.

> *"I used a little extra butter and browned the cooked ravioli in it, then finished with balsamic, Parm, and walnuts. Simple and delicious!"*
>
> – REDMENACE

HIDDEN GEM VEGETARIAN

PER SERVING: 535 CAL; 26G FAT (11G SAT); 16G PRO; 61G CARB (3G FIBER, 8G SUGARS); 572MG SODIUM

SOUP
& ST

QUICK SAUSAGE-CORN CHOWDER
P. 248

S
EWS

Brothy or creamy, these recipes are comfort in a bowl.

Easy Egg Drop Soup with Chicken

Adding chicken to this standard Chinese restaurant starter makes it hearty enough to be a cozy main course.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** AVA

★★★★☆ **167 REVIEWS**

6 cups low-sodium chicken or vegetable broth
1 bunch green onions, chopped (1 cup)
⅓ cup plus 2 Tbsp. cold water
3 Tbsp. cornstarch
3 Tbsp. less-sodium soy sauce
¼ tsp. salt
¼ tsp. sugar
3 eggs
1½ cups cooked shredded chicken

1. Bring broth and ¾ cup green onion to a boil in a large pot over medium-high heat. Stir together ⅓ cup cold water, the cornstarch, soy sauce, salt, and sugar in a small bowl until smooth. Stir cornstarch mixture into broth. Bring to a boil and cook, stirring frequently, 1 minute. Reduce heat to low.

2. Beat eggs with remaining 2 Tbsp. cold water in a bowl. Pour egg mixture into soup. Cook, stirring with a fork, until eggs are opaque, about 1 minute. Stir in chicken. Sprinkle with remaining ¼ cup green onion.

> “I used 32 oz. chicken broth, only 1 Tbsp. soy sauce, and dried chives instead of green onions. I skipped stirring the beaten eggs into the soup. I just gently stirred the soup and drizzled in the egg, then dragged a spoon through the egg.”
>
> **– LADYDHEN**

HEALTHY

PER SERVING: 72 CAL; 2G FAT (0G SAT); 6G PRO; 7G CARB (1G FIBER, 1G SUGARS); 530MG SODIUM

Broccoli Cheese Soup

Frozen chopped broccoli and processed cheese mean this classic combo is merely a matter of assembly.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** EMMAXWELL

★★★★☆ **708 REVIEWS**

- **2 Tbsp. butter**
- **1 small onion, chopped (½ cup)**
- **2 Tbsp. flour**
- **1 (14.5-oz.) can chicken broth**
- **⅔ cup milk**
- **1 (10-oz.) pkg. frozen chopped broccoli**
- **2 cups cubed processed cheese loaf (such as Velvetta) (8 oz.)**
- **¼ tsp. black pepper**
- **Fresh parsley, for garnish**

1. Melt butter in a large saucepan over medium heat. Add onion; sauté until tender, about 5 minutes.

2. Add flour; cook and stir until a paste forms. Gradually add broth and milk; cook, stirring, until mixture comes to a boil, about 8 minutes. Add broccoli, reduce heat, and simmer 5 minutes. Add processed cheese and pepper, stirring until cheese melts, 2 to 3 minutes. Top with parsley and additional pepper.

SAY CHEESE

If you like, you can use half processed cheese and half shredded cheddar—mild, medium, or sharp.

> *"This is a keeper. The only change I made was to use fresh broccoli instead of frozen. Although not a big processed cheese fan, I have to say that this is the kind of recipe that they invented it for. The perfect amount of cheesy and creamy."*
>
> **– NANCY LOBALBO**

PER SERVING: 306 CAL; 21G FAT (13G SAT); 16G PRO; 17G CARB (3G FIBER, 8G SUGARS); 967MG SODIUM

Brazilian-Style Black Bean Stew

The popular Brazilian dish feijoada usually involves black beans and a mix of salted or fresh pork or beef cuts, including pigs' ears and hooves. This version uses bacon to cut cooking time. It's customary to serve this dish with rice and orange slices.

HANDS-ON 15 MIN **TOTAL** 35 MIN **SERVES** 6 **SUBMITTED BY** TYLOR9

★★★★★ **10 REVIEWS**

- **2 slices bacon, chopped**
- **1 small onion, chopped (½ cup)**
- **½ green bell pepper, chopped (½ cup)**
- **2 Tbsp. chopped fresh cilantro (optional)**
- **2 cloves garlic, minced**
- **1 bay leaf**
- **2 (15-oz.) cans black beans, rinsed and drained**
- **½ cup chicken broth, plus more as needed**
- **1 tsp. cider vinegar**
- **¼ tsp. salt, plus more to taste**
- **¼ tsp. black pepper, plus more to taste**
- **Dash hot sauce, plus more to taste (optional)**
- **2 cups hot cooked rice**
- **Orange slices**
- **Desired toppers, such as shredded cheese, chopped avocado, sour cream, and/or chopped fresh cilantro**

1. Cook bacon in a 4-qt. pot over medium heat until almost crisp, 3 to 5 minutes. Add onion and bell pepper; cook, stirring, until onion is translucent, about 5 minutes. Stir in cilantro (if using), garlic, and bay leaf; cook until fragrant, 1 to 2 minutes.

2. Stir in beans, broth, vinegar, salt, black pepper, and hot sauce (if using). Simmer, covered, until flavors combine, 10 to 15 minutes. Stir in additional chicken broth if you prefer the beans to be more soupy. Season to taste with additional salt, black pepper, and hot sauce. Serve stew over rice with orange slices and desired toppers.

> *“I added some chopped chipped beef and sautéed it with the onion-pepper mixture in Step 1. I also upped the number of bacon slices. It's so pretty served with avocado and sliced oranges. Great flavors, too!”*
>
> **– SHAW KITTY**

HIDDEN GEM

PER SERVING: 279 CAL; 8G FAT (3G SAT); 14G PRO; 44G CARB (7G FIBER, 1G SUGARS); 673MG SODIUM

Sandy's Chickpea and Spinach Stew

Canned chickpeas and chopped spinach bulk up this thick, vegan stew. Serve with naan for dipping or serve over hot cooked rice.

HANDS-ON 10 MIN **TOTAL** 20 MIN **SERVES** 4 **SUBMITTED BY** SANDYG

★★★★☆ 5 **REVIEWS**

- **4 Tbsp. olive oil**
- **4 tsp. dried minced onion**
- **½ tsp. crumbled dried rosemary**
- **1 tsp. garlic powder**
- **¾ tsp. paprika**
- **3 Tbsp. no-salt-added tomato paste**
- **2 (15-oz.) cans no-salt-added chickpeas**
- **1 (14.5-oz.) can no-salt-added diced tomatoes with basil, garlic, and oregano**
- **1 (10-oz.) pkg. frozen chopped spinach, thawed and drained**
- **¾ tsp. salt**
- **¼ tsp. black pepper**
- **1 cup water**
- **½ cup panko bread crumbs**
- **Naan bread (optional)**

1. Heat 2 Tbsp. oil in a large skillet over medium-low heat. Cook onion and rosemary, stirring frequently, until fragrant, about 1 minute. Stir in garlic powder, paprika, and tomato paste. Add chickpeas, tomatoes, spinach, salt, pepper, and the water. Bring to a boil. Reduce heat to low. Simmer, covered, stirring frequently, until stew mixture is hot, 5 to 7 minutes.

2. Heat remaining 2 Tbsp. oil in a small skillet over medium heat. Cook panko bread crumbs, stirring occasionally, until toasted, about 3 minutes. Top stew with panko and (if using) serve with naan.

GO SLOW

You can make this in the slow cooker. Combine all of the ingredients (except the spinach) and cook on High for 3 to 4 hours or Low for 6 to 8 hours. Right before serving, turn the temperature to high if it isn't there already, and add the spinach. Stir and let cook for 5 minutes or until heated through.

> *"This is a good, quick vegan meal. I made it as written, except I swapped out the panko for crumbled gluten-free bread sautéed in vegan butter. Next time, I'll use fresh onions, garlic, rosemary, and tomatoes."*
>
> **– LADY FIREFEATHERS**

HIDDEN GEM HEALTHY VEGETARIAN

PER SERVING: 545 CAL; 19G FAT (3G SAT); 20G PRO; 72G CARB (17G FIBER, 10G SUGARS); 878MG SODIUM

Chicken Tortilla Soup

Homemade fried tortilla strips take this stir-together soup to the next level. To save time, top bowls with crumbled tortillas chips.

HANDS-ON 30 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** TASEIA ARMSTRONG

★★★★⯪ **179 REVIEWS**

2½	**tsp. vegetable oil**
6	**(6-inch) corn tortillas, cut into ½-inch strips**
3	**cups reduced-sodium chicken broth**
½	**tsp. chili powder**
½	**tsp. cumin**
½	**tsp. dried oregano, crushed**
1	**lb. boneless, skinless chicken breasts, cut into bite-size pieces**
1	**(15.25-oz.) can whole kernel corn, drained**
1	**(15-oz.) can black beans, rinsed and drained**
½	**cup salsa**
½	**cup chopped fresh cilantro, plus more for garnish**
1	**tsp. hot sauce**
	Crumbled queso fresco, for garnish

1. Heat oil in a large pot over medium heat. Working in batches if needed, add tortilla strips; cook, stirring often, until lightly browned and crisp, 4 to 6 minutes. Transfer to a paper towel–lined plate to drain.

2. Stir broth, chili powder, cumin, and oregano into pot. Increase heat to high and bring to a boil. Stir in chicken, corn, beans, and salsa. Return to a boil. Reduce heat to medium-low; simmer, covered, until chicken is cooked through and no longer pink, about 5 minutes.

3. Stir in cilantro, hot sauce, and half of the tortilla strips. Ladle soup into bowls; garnish with remaining tortilla strips, cilantro, and queso fresco.

> "This recipe is just like the soup at our local Mexican restaurant. (I asked my daughter to consider working there just to get the recipe!) I added a 4-oz. can chopped chiles and, next time, will up the broth, spices, and salsa for a more brothy soup."
>
> – SUHANSEN

PER SERVING: 264 CAL; 9G FAT (1G SAT); 24G PRO; 23G CARB (4G FIBER, 3G SUGARS); 725MG SODIUM

A. M.

Now-or-Later Spicy Sausage Soup

Make this simple and delicious soup for dinner tonight, freeze it for later, or do both! This hearty recipe makes four quarts, enough to enjoy some of it tonight and freeze the rest for another meal or lunches during the week. Garnish with shaved Parmesan, if you like.

HANDS-ON 25 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** JULIANA HALE

★★★★★ 2 REVIEWS

2 lb. bulk spicy pork sausage
1 small onion, chopped (½ cup)
4 cloves garlic, minced
11 cups low-sodium chicken broth (from three 32-oz. cartons)
1 tsp. Italian seasoning, crushed
8 cups coarsely chopped Swiss chard
1 large Roma tomato, chopped (⅔ cup)
Shredded Parmesan cheese (optional)
Crushed red pepper (optional)
Breadsticks (optional)

1. Cook sausage, onion, and garlic in a large Dutch oven over medium-high heat, stirring to break up lumps, until meat is browned. Drain grease.

2. Add broth and Italian seasoning. Bring to a boil; reduce heat. Stir in chard. Cook until chard is just wilted. Stir in tomato. If using, sprinkle with Parmesan and crushed red pepper, and serve with breadsticks.

FIX & FREEZE

Let soup cool completely, then divide it among eight single-serving freezer containers. Seal, label, and freeze up to 3 months. To serve, thaw a serving in fridge overnight. Transfer to a small saucepan. Cook over medium heat, stirring occasionally, until heated through, about 5 minutes. Or reheat in the microwave on High 1 to 2 minutes.

> “This recipe is so easy, and I really like that I can freeze leftovers. I highly recommend it!”
>
> – NANCYD

HIDDEN GEM

PER SERVING: 366 CAL; 28G FAT (9G SAT); 23G PRO; 6G CARB (1G FIBER, 3G SUGARS); 1,195MG SODIUM

Shrimp Chowder

Add cooked lobster and/or crab along with the shrimp to take this creamy, silky soup to the next level.

HANDS-ON 20 MIN **TOTAL** 35 MIN **SERVES** 8 **SUBMITTED BY** CORYNN DARKHOLME ★★★★☆ **154 REVIEWS**

- **2 large potatoes, unpeeled, cut into ¾-inch cubes (3 cups)**
- **¼ cup butter**
- **2 stalks celery, chopped (1 cup), leaves reserved for garnish**
- **1 small onion, finely chopped (⅔ cup)**
- **2 (8-oz.) pkg. cream cheese, diced**
- **2 cups milk**
- **1 lb. frozen cooked large shrimp (31-35 count), thawed, drained, and tails removed**
- **¼ cup dry white wine**
- **½ tsp. salt**
- **6 slices bacon, crisp-cooked and crumbled**
- **¼ tsp. black pepper**

1. Put potatoes in a saucepan with enough salted water to cover. Bring to a boil over medium-high heat. Cook, covered, until tender, about 10 minutes. Drain. (You can cook and drain potatoes then chill, covered, up to 3 days ahead.)

2. Meanwhile, melt butter in a 5-qt. pot over medium-high heat. Add chopped celery and onion. Cook, stirring frequently, until softened, about 5 minutes. Reduce heat to medium-low. Add cream cheese and milk. Cook, stirring frequently, until cream cheese is completely melted and smooth.

3. Stir in shrimp, wine, salt, and potatoes. Cook over medium-low heat, stirring occasionally, until heated through, about 5 minutes. Serve topped with bacon, pepper, and reserved celery leaves.

SHRIMP SMARTS

Using cooked shrimp makes this super quick—just be sure not to overcook them after they're added to the pot or they'll get rubbery.

> "This is a delicious recipe with excellent flavor, and it's great for cold weather! I used ½ lb. of large shrimp and cut them in half. I also added about 2 Tbsp. parsley to the butter, onion, and celery in Step 2 and 1 Tbsp. seafood seasoning."
>
> – NYPD K9 COP

GLUTEN-FREE

PER SERVING: 427 CAL; 30G FAT (17G SAT); 23G PRO; 18G CARB (1G FIBER, 6G SUGARS); 568MG SODIUM

Quick Sausage-Corn Chowder

The original recipe for this hearty chowder calls for half-and-half for serious body. For an even richer flavor, you can use sub in whipping cream for ¾ cup of the half-and-half.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** TONI WEAVER-DALE

★★★★⯪ **36 REVIEWS**

1	**lb. bulk breakfast sausage**
1	**onion, chopped (1 cup)**
1	**large celery stalk, chopped (¾ cup), plus celery leaves for garnish**
1	**lb. red potatoes, chopped (3 cups)**
2	**cups low-sodium chicken broth**
½	**tsp. paprika**
¼	**tsp. cayenne pepper**
1	**(14-oz.) can whole-kernel corn, drained**
1	**(14-oz.) can cream- style corn**
1½	**cups half-and-half**
¼	**tsp. salt**
¼	**tsp. black pepper, plus more for garnish**

1. Heat a Dutch oven or large pot over medium-high heat. Cook sausage, onion, and celery, stirring to break up lumps, until sausage is browned, 5 to 7 minutes. Pour off grease.

2. Add potatoes, chicken broth, paprika, and cayenne to pot; bring to a boil. Reduce heat to low and simmer, covered, until potatoes are tender, about 10 minutes. Add whole-kernel corn, cream-style corn, half-and-half, salt, and black pepper; simmer until heated through, 5 to 10 minutes more. Ladle into bowls and garnish with black pepper and celery leaves.

> “My husband and I really enjoy this! I used hot breakfast sausage, so I skipped the cayenne. (My husband added some cayenne to his bowl at the table.) I used evaporated skim milk — that's what I had — but I'm sure half-and-half or whipping cream would have made it thicker and more chowder-like.”
>
> **– PAULA**

PER SERVING: 417 CAL; 22G FAT (9G SAT); 19G PRO; 37G CARB (4G FIBER, 9G SUGARS); 849MG SODIUM

Oyster Stew

Oyster stew is a go-to holiday tradition in many households, but we're making the case for serving this simple, stir-together soup all season long.

HANDS-ON 20 MIN **TOTAL** 20 MIN **SERVES** 6 **SUBMITTED BY** BUDDY SIZEMORE

★★★★☆ **218 REVIEWS**

¼ cup butter
2 stalks celery, finely chopped (1 cup)
3 Tbsp. finely chopped shallot
2 Tbsp. flour
1 qt. half-and-half or light cream
3 (8-oz.) cans oysters, undrained
½ tsp. black pepper
½ tsp. salt
1 pinch cayenne pepper
Bottled cayenne pepper sauce, saltine crackers, chopped fresh parsley, and/or lemon wedges

1. Melt butter in a large saucepan over medium heat. Add celery and shallot; cook, stirring occasionally, until tender, 3 to 4 minutes.

2. Stir in flour and cook 1 to 2 minutes. Gradually stir in half-and-half, then increase heat to medium-high. Stir mixture continuously to avoid scorching. When almost boiling, add oysters and their liquid to saucepan. Season with black pepper, salt, and cayenne pepper. Stir continuously until oysters curl at ends, about 4 minutes. Serve immediately with pepper sauce, crackers, parsley, and/or lemon wedges.

> *This is the best oyster stew recipe! It's so flavorful and will replace the recipe I've made for years. I add one grated clove of garlic and use whipping cream (instead of half-and-half). It's a keeper!"*
>
> – NKSPS

STRING TRICK

If you're not a fan of the stringy fibers that run along the back of a celery stalk, simply shave them off with a vegetable peeler.

PER SERVING: 448 CAL; 32G FAT (18G SAT); 24G PRO; 17G CARB (1G FIBER, 7G SUGARS); 711MG SODIUM

Tuscan Bean and Italian Chicken Sausage Soup

This brothy, warming soup manages to be hearty and light at the same time—perfect for a cold fall or winter night. Serve it with some crusty bread for dipping.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** DOMESTICGODDESS ★★★★★ **89 REVIEWS**

- **1 (12-oz.) pkg. cooked Italian chicken sausage links, quartered lengthwise and cut into ¼-inch pieces**
- **1 onion, chopped (1 cup)**
- **1 yellow summer squash, halved lengthwise and sliced**
- **2 cloves garlic, minced**
- **1 (32-oz.) carton low-sodium chicken broth**
- **2 (15-oz.) cans white beans, such as cannellini, rinsed and drained**
- **1 (15-oz.) can Italian-style diced tomatoes**
- **⅓ cup dry red wine**
- **1 tsp. Italian seasoning**
- **4 cups baby spinach**
- **3 Tbsp. grated Parmesan or Pecorino-Romano cheese, for serving**

1. Cook sausage and onion in a large pot over medium-high heat until sausage is lightly browned and onion is tender, 5 to 7 minutes.

2. Add squash and garlic; cook, stirring, until garlic is fragrant, about 1 minute.

3. Stir in chicken broth, white beans, tomatoes, wine, and Italian seasoning; bring to a boil. Reduce heat and simmer, uncovered, 15 minutes. Stir in spinach; cook until just wilted, about 1 minute more. Ladle soup into bowls. Serve topped with cheese.

HEALTHY

PER SERVING: 316 CAL; 6G FAT (2G SAT); 24G PRO; 40G CARB (9G FIBER, 5G SUGARS); 600MG SODIUM

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AIR FRYER VEGETARIAN
CAULIFLOWER
AND CHICKPEA TACOS
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VARD

These quick recipes make eating more plants simple and delicious.

Quinoa, Asparagus, and Feta Salad

Loaded with protein and fiber, this veggie-grain salad keeps well for a few days. Prep ahead and add the dressing just before serving to keep veggies snappy and bright green.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** ANNINLONDON

★★★★⯪ **32 REVIEWS**

For Salad

- **1½ cups water**
- **¾ cup quinoa**
- **¼ tsp. salt**
- **1 bunch fresh asparagus, trimmed and cut into 1½-inch pieces**
- **4 oz. feta cheese, crumbled**
- **⅓ cup toasted slivered almonds**
- **2 green onions, thinly sliced (¼ cup)**
- **2 Tbsp. chopped fresh parsley**
- **1 tsp. chopped fresh thyme**
- **1 lemon, zested**

For Dressing

- **¼ cup lemon juice**
- **2 Tbsp. olive oil**
- **1 Tbsp. honey**
- **1 clove garlic, minced**
- **1½ tsp. Dijon mustard**
- **Black pepper, to taste**

1. Pour the water into a saucepan and bring to a boil; add quinoa and salt, stir, cover saucepan with a lid, and reduce heat to low. Simmer mixture until quinoa is tender, 10 to 15 minutes. Remove saucepan from heat, let quinoa rest for 5 minutes, and transfer quinoa to a bowl to cool.

2. Bring a large pot of lightly salted water to a boil. Add asparagus and cook, uncovered, until tender but still crisp, 2 to 3 minutes; drain in a colander and immediately immerse asparagus in ice water for several minutes until cold to stop the cooking process. Drain.

3. Stir asparagus, feta, almonds, green onions, parsley, thyme, and lemon zest into quinoa.

4. Whisk lemon juice, olive oil, honey, garlic, Dijon mustard, and pepper together in a bowl until dressing is smooth. Pour dressing over quinoa mixture and stir gently to combine.

TOASTING NUTS

The key to perfectly toasted nuts is low heat. Preheat your oven to 300°F. The nuts will toast evenly throughout instead of the outsides taking on color before the insides have a chance to warm up. Start with 15 minutes. If you're toasting a smaller nut variety, like slivered almonds, they might be done around that time, but if you're toasting something larger, like whole pecans or walnuts, it could take another 10 minutes.

HEALTHY **VEGETARIAN** **GLUTEN-FREE**

PER SERVING: 238 CAL; 13G FAT (4G SAT); 9G PRO; 23G CARB (4G FIBER, 6G SUGARS); 346MG SODIUM

Air Fryer Vegetarian Cauliflower and Chickpea Tacos

Crisp roasted seasoned cauliflower and chickpeas are tucked into corn tortillas and topped with a creamy, spicy sauce and crunchy veggies—absolute perfection (and you won't miss the meat!).

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SOUP LOVING NICOLE

★★★★★ **6 REVIEWS**

3	**Tbsp. fresh lime juice**
1	**Tbsp. olive oil**
1	**tsp. chili powder**
1	**tsp. cumin**
¼	**tsp. salt**
¼	**tsp. garlic powder**
1	**(15-oz.) can reduced-sodium chickpeas, rinsed and drained**
1	**small head cauliflower, cut into bite-size pieces**
1	**cup sour cream**
¼	**cup chopped fresh cilantro**
1	**Tbsp. sriracha sauce**
8	**(5-inch) corn tortillas**
	Shredded cabbage, sliced radishes, and/or crumbled cotija cheese (optional)

1. Preheat air fryer to 370°F.

2. Whisk together 1 Tbsp. lime juice, the oil, chili powder, cumin, salt, and garlic powder in a large bowl. Add chickpeas and cauliflower; toss until evenly coated.

3. Air fry veggie mixture 20 minutes, stirring every 10 minutes. Continue cooking until desired crispness, about 5 minutes more.

4. Meanwhile, stir together sour cream, cilantro, sriracha, and remaining 2 Tbsp. lime juice in a small bowl until combined. Spoon cauliflower mixture onto corn tortillas and top with sauce and desired toppers.

> “
> *One of the best-tasting dishes I have cooked. I know that's saying a lot, but my husband and I really love these!"*
>
> **– JENN**

NO AIR FRYER? NO PROBLEM

If you don't have an air fryer, you can roast the cauliflower and chickpeas in a 450°F oven on a parchment paper–lined baking pan for 20 to 25 minutes, stirring occasionally.

HIDDEN GEM **HEALTHY** **VEGETARIAN** **GLUTEN-FREE**

PER SERVING: 366 CAL; 18G FAT (7G SAT); 11G PRO; 45G CARB (9G FIBER, 8G SUGARS); 530MG SODIUM

Naan Veggie Pizzas

Purchased naan bread serves as personal pizza crusts sturdy enough to hit the grill. Top with raw or leftover veggies and any cheeses you have in the fridge.

HANDS-ON 20 MIN **TOTAL** 30 MIN **SERVES** 2 **SUBMITTED BY** ASHLEYSCHRANTZ

★★★★★ **10 REVIEWS**

2	**Tbsp. olive oil**
1	**cup sliced fresh mushrooms**
1	**bell pepper (any color), sliced (1 cup)**
1	**small red onion, chopped (½ cup)**
3	**cloves garlic, minced**
1	**tomato, chopped**
1	**Tbsp. chopped fresh basil**
1	**Tbsp. chopped fresh oregano**
½	**tsp. crushed red pepper**
2	**naan breads**
1	**cup shredded mozzarella cheese**

1. Preheat an outdoor grill to medium heat (325°F to 375°F).

2. Meanwhile, heat 1 Tbsp. oil in a large skillet over medium heat. Add mushrooms, bell pepper, red onion, and garlic. Cook, stirring frequently, until vegetables are tender, about 8 minutes. Let mixture cool, about 10 minutes. Stir in tomato, basil, oregano, and crushed red pepper.

3. Brush both sides of naan with remaining 1 Tbsp. oil. Put naan on grill rack directly over heat; grill, turning once, until toasted, 30 to 60 seconds.

4. Sprinkle mozzarella evenly onto naan and top evenly with vegetable mixture.

5. Return naan to grill rack over indirect heat. Grill, covered, until filling is heated through and cheese is melted, about 5 minutes.

> *"Color me impressed! These were amazing little personal pizzas."*
>
> – THEDAILYGOURMET

IN THE OVEN

Grilling these easy-peasy pizzas gives them light charring and a crispy crunch, but you can also bake them in a 425°F oven for 5 to 8 minutes. If you want your cheese and veggies slightly charred, turn the broiler on for 1 minute and watch carefully!

HIDDEN GEM **HEALTHY** **VEGETARIAN**

PER SERVING: 585 CAL; 28G FAT (8G SAT); 23G PRO; 65G CARB (5G FIBER, 11G SUGARS); 722MG SODIUM

Spinach, Nectarine, and Halloumi Salad

Halloumi is a semihard, brined cheese typically made from goat's or sheep's milk. It stands up to high heat and will brown without melting. If you can't find it, you can also use paneer, queso para freir (frying cheese), queso fresco, or fresh cheese curds. Baked or pan-fried firm tofu is a good vegan alternative.

HANDS-ON 20 MIN **TOTAL** 25 MIN **SERVES** 4 **SUBMITTED BY** SUNNYDAYSNORA

★★★★★ **4 REVIEWS**

2	**Tbsp. white wine vinegar**
2	**Tbsp. extra-virgin olive oil**
1	**Tbsp. honey**
1	**tsp. Dijon mustard**
¼	**tsp. salt**
¼	**tsp. black pepper**
¼	**tsp. dried basil**
1	**(5-oz.) pkg. baby spinach**
3	**nectarines, pitted and sliced**
1	**red bell pepper, sliced (1 cup)**
½	**small red onion, thinly sliced (½ cup)**
¼	**cup sliced almonds, toasted**
1	**(8 oz.) pkg. Halloumi cheese, sliced into ½-inch strips**

1. For vinaigrette, whisk together vinegar, oil, honey, mustard, salt, black pepper, and basil in a small bowl.

2. In a large bowl, toss half of the vinaigrette with spinach, nectarines, bell pepper, onion, and almonds.

3. Heat a large nonstick skillet over medium-high heat. Add cheese and cook, turning halfway through, until golden brown on both sides, 5 to 6 minutes.

4. Top salad with cheese and serve with remaining vinaigrette and additional black pepper.

> “I love this salad! I used peaches and sautéed them a bit. I added marinated chicken breast, too, for more protein. This was outstanding and will become a summer salad staple for us.”
>
> **– PHYLLIS A PIERCE**

HIDDEN GEM **GLUTEN-FREE**

PER SERVING: 359 CAL; 26G FAT (11G SAT); 16G PRO; 21G CARB (4G FIBER, 15G SUGARS); 811MG SODIUM

Easy Gorgonzola Tofu Scramble

Fuel your day with a protein-packed breakfast. Extra-firm tofu, spinach, cheese, and meaty mushrooms will keep you satisfied until lunch. Swap out Gorgonzola for crumbled goat cheese or feta.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** SC_COOK25 ★★★★★ **13 REVIEWS**

1	**(12-oz). pkg. extra-firm tofu, drained and cubed**
3	**Tbsp. olive oil**
½	**cup chopped red onion**
2	**cloves garlic, minced**
1	**(8 oz.) pkg. mushrooms, sliced**
1	**(5- to 6-oz.) pkg. baby spinach**
⅔	**cup crumbled Gorgonzola cheese**
	Black pepper, for garnish

1. Put tofu cubes on several layers of paper towels. Let stand 2 to 3 minutes to drain well.

2. Heat oil in a large skillet over medium heat. Add tofu; cook until browned, about 4 minutes. Turn tofu and push to edges of skillet. Add onion and garlic; cook until tofu is lightly browned, about 4 minutes. Add mushrooms; cook, stirring, until mushrooms are tender and lightly browned, about 6 minutes.

3. Remove skillet from heat. Stir in spinach and Gorgonzola until spinach begins to wilt and cheese melts. Serve sprinkled with pepper.

> *"This recipe is really simple and really good. I didn't have Gorgonzola, so I added some shredded cheese. I also added cumin and served with toast."*
>
> **– ECOASTGIRL**

TOFU TIP

For crispy tofu, drain extra-firm tofu, then wrap in a clean tea towel, put a plate on top, and weigh down the plate to press out moisture. (Try a large can of tomatoes or a cast-iron skillet.) Press and drain at least 1 hour before prepping tofu. If you eat a lot of tofu, it may be worth investing in a tofu press.

HIDDEN GEM **HEALTHY** **VEGETARIAN** **GLUTEN-FREE**

PER SERVING: 289 CAL; 22G FAT (7G SAT); 17G PRO; 9G CARB (4G FIBER, 2G SUGARS); 399MG SODIUM

Cauliflower Mac and Cheese

Riced cauliflower helps bulk up this whole-grain mac and cheese, made creamy from cream cheese, milk, and shredded cheddar.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 8 **SUBMITTED BY** ZACH PAQUETTE

★★★★½ **32 REVIEWS**

12	**oz. whole-wheat elbow macaroni (3 cups)**
1	**cup reduced-fat milk**
6	**oz. sharp cheddar cheese, shredded (1½ cups)**
½	**(8-oz.) pkg. reduced-fat cream cheese (Neufchâtel)**
½	**tsp. salt**
⅛	**tsp. black pepper**
1	**cup cooked riced cauliflower**
	Chopped parsley (optional)

1. Cook macaroni according to package directions; drain and set macaroni aside.

2. In same pot, stir together milk, cheddar, cream cheese, salt, and pepper over medium-low heat until cheddar and cream cheese are melted. Stir in riced cauliflower. Add macaroni and fold into sauce. To serve, sprinkle with additional pepper and parsley (if using).

FASTER FROM FROZEN

For speed and efficiency (and less mess), use frozen riced cauliflower prepared according to package directions.

> "This was delicious! I used Irish Dubliner cheese, which added an earthy flavor. We love this recipe: It's super quick, easy, and you can't even tell there's cauliflower in it. I may even add more next time!"
>
> – LORI MOUNTS

VEGETARIAN

PER SERVING: 291 CAL; 12G FAT (6G SAT); 14G PRO; 35G CARB (4G FIBER, 4G SUGARS); 382MG SODIUM

Faux Chicken Stir-Fry

This vegan stir-fry is loaded with fresh veggies and plant-based fillets. Serve over hot cooked rice or bundle in butter lettuce leaves as lettuce wraps.

HANDS-ON 30 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** JULIANA HALE

★★★★★ **2 REVIEWS**

- **½ cup less-sodium soy sauce**
- **2 Tbsp. packed brown sugar**
- **2 Tbsp. rice vinegar**
- **2 tsp. ground ginger**
- **1 tsp. cornstarch**
- **¼ to ½ tsp. crushed red pepper**
- **2 Tbsp. vegetable oil**
- **1 medium onion, cut into ½-inch wedges (1 cup)**
- **2 medium carrots, cut into thin bias-slices (1 cup)**
- **1 cup button mushrooms, quartered**
- **2 cloves garlic, minced**
- **2 cups broccoli florets**
- **1 medium red bell pepper, cut into thin strips (1 cup)**
- **1 (9- to 10-oz.) pkg. frozen meatless chicken fillets, thawed and cut into bite-size strips**
- **Hot cooked rice**
- **½ cup dry-roasted cashews, coarsely chopped**

1. Stir together soy sauce, brown sugar, rice vinegar, ginger, cornstarch, and crushed red pepper in a small bowl.

2. Heat oil in a wok or extra-large skillet over medium-high heat. Add onion, carrots, mushrooms, and garlic. Cook and stir 5 minutes. Add broccoli, bell pepper, and meatless fillets. Cook and stir 3 to 5 minutes more or until vegetables are crisp-tender. Push mixture to edges of wok or skillet. Stir sauce and add sauce mixture to center of wok. Cook until slightly thickened. Stir all together to coat with sauce; heat through. Serve over rice. Top with cashews.

> *"I loved this recipe. I followed it almost exactly as written, but I used white wine vinegar instead of rice vinegar."*
>
> **– JANZIE432**

HIDDEN GEM **VEGETARIAN** **VEGAN**

PER SERVING: 428 CAL; 16G FAT (2G SAT); 19G PRO; 56G CARB (9G FIBER, 14G SUGARS); 1,813MG SODIUM

Coconut Curry Tofu

Serve this quick Thai-inspired curry with a squeeze of fresh lime. If you put your rice on to cook before you start the curry, both will be ready about the same time. For even faster prep, microwave steam-in-bag rice or frozen riced veggies.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 6 **SUBMITTED BY** KATHYCOLLINS

★★★★⯪ **519 REVIEWS**

1	**(13.5- to 14-oz.) can light coconut milk**
¼	**cup less-sodium soy sauce**
2	**Tbsp. Thai red curry paste**
2	**tsp. hot chile paste (such as sambal oelek)**
1	**tsp. minced fresh ginger**
½	**tsp. brown sugar**
1	**lb. extra-firm tofu, drained, patted dry, and cut into ¾-inch cubes**
2	**cups chopped plum tomatoes or 1 (14.5-oz.) can diced tomatoes, drained**
1	**cup thinly sliced green onions, plus more for garnish**
1	**cup thinly sliced yellow bell pepper**
1¾	**cups sliced mushrooms (4 oz.)**
4	**cups chopped bok choy**
¼	**cup chopped fresh basil, plus more for garnish**
¼	**tsp. kosher salt**

1. Stir together coconut milk, soy sauce, curry paste, chile paste, ginger, and brown sugar in a large, heavy skillet over medium heat until mixture just comes to a boil.

2. Stir in tofu, tomatoes, green onions, bell pepper, and mushrooms. Cook, covered, 5 minutes, stirring occasionally. Stir in bok choy, basil, and salt. Continue cooking, uncovered, until vegetables are crisp-tender, about 5 minutes. Garnish with additional green onions and basil.

HEALTHY **VEGAN**

PER SERVING: 165 CAL; 8G FAT (4G SAT); 11G PRO; 14G CARB (5G FIBER, 5G SUGARS); 739MG SODIUM

Shishito-Topped Edamame and Brown Rice Burgers

These vegetarian edamame and brown rice burgers—crisp-crusted on the outside and tender on the inside—are topped with blistered shishito peppers and a homemade herb aioli.

HANDS-ON 15 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** DINEHAUS

★★★★★ **1 REVIEW**

- **¼ cup mayonnaise**
- **1 Tbsp. finely chopped fresh parsley**
- **1 large clove garlic, minced**
- **½ tsp. salt**
- **1½ cups frozen shelled edamame, thawed**
- **1 cup cooked brown rice, cooled**
- **1 cup loosely packed fresh parsley leaves**
- **1 cup loosely packed fresh cilantro**
- **¼ red onion, chopped (¼ cup)**
- **¼ tsp. crushed red pepper**
- **⅛ tsp. black pepper**
- **1 Tbsp. plus 1 tsp. vegetable oil**
- **24 shishito peppers**
- **2 tsp. honey**
- **4 sesame seed hamburger buns, toasted**

1. For herb aioli, stir together mayonnaise, chopped parsley, garlic, and ⅛ tsp. salt in a small bowl. Chill, covered, until ready to serve. (Aioli can be made and chilled, covered, up to 3 days ahead.)

2. Add edamame, brown rice, parsley leaves, cilantro, red onion, crushed red pepper, ¼ tsp. salt, and the black pepper to the bowl of a food processor. Cover and pulse until mixture is evenly chopped and sticks together, scraping down sides as needed, 1 to 2 minutes.

3. Shape mixture into four 4-inch patties that are ½ inch thick. (Patties can be covered and chilled up to 24 hours.)

4. Heat 1 Tbsp. vegetable oil in a large nonstick skillet or griddle over medium-high heat. Add 2 patties to skillet and cook, turning halfway through, until browned and crispy, about 6 minutes. Transfer to a plate; keep warm. Repeat with remaining patties.

5. Toss shishito peppers in 1 tsp. vegetable oil and remaining ⅛ tsp. salt. Add shishitos to same skillet and cook, stirring frequently, over medium-high heat until blistered and charred, about 3 minutes.

6. Drizzle peppers with honey and toss to coat. Spread cut sides of buns with herb aioli. Serve patties in buns topped with shishito peppers.

HIDDEN GEM **HEALTHY** **VEGETARIAN**

PER SERVING: 438 CAL; 22G FAT (3G SAT); 13G PRO; 50G CARB (7G FIBER, 12G SUGARS); 634MG SODIUM

Vegan Green Lentil Curry

Lentils, kale, and plenty of chopped veggies make up the bulk of this curry in a hurry. For a meaty take, add cubed chicken breast or thinly sliced beef to the skillet with the veggies in Step 1 before adding the spices.

HANDS-ON 10 MIN **TOTAL** 30 MIN **SERVES** 4 **SUBMITTED BY** MISSJAZZCULLEN

★★★★★ **1 REVIEW**

- **1 Tbsp. vegetable oil**
- **1 red bell pepper, finely chopped (1 cup)**
- **1 medium onion, finely chopped (1 cup)**
- **2 cloves garlic, minced**
- **1 Tbsp. garam masala**
- **1 Tbsp. mild curry powder**
- **2 tsp. cumin**
- **1 tsp. turmeric**
- **½ tsp. salt**
- **1 (14.5-oz.) can diced tomatoes**
- **½ cup low-sodium vegetable broth or water**
- **4 cups chopped kale**
- **1 (15-oz.) can cooked green lentils**
- **1 Tbsp. fresh lemon juice**
- **2 cups hot cooked basmati rice, for serving**
- **Fresh cilantro, for garnish**
- **Lemon wedges, for serving**

1. Heat oil in a large skillet over medium-high heat. Add pepper, onion, and garlic; cook, stirring occasionally, until veggies are tender, about 5 minutes. Stir in garam masala, curry powder, cumin, turmeric, and salt; cook until fragrant, 1 to 2 minutes.

2. Add tomatoes and broth; bring to a simmer and cook, covered, 5 minutes. Stir in kale and lentils. Gently simmer, covered, until kale is tender, about 10 minutes. Remove from heat and stir in lemon juice. Serve over rice. Garnish with cilantro and serve with lemon wedges.

HOMEMADE GARAM MASALA

If you don't have garam masala, you can make your own. Garam masala is best made with whole spices that are toasted and ground, but you can use already ground spices in a pinch. In a small container with a lid, combine 1 Tbsp. **ground cumin;** 1½ tsp. each **ground coriander, cardamom,** and **black pepper;** 1 tsp. **ground cinnamon;** and ½ tsp. each **ground cloves** and **nutmeg.**

> *"This is absolutely delicious (and quick, too). I didn't have any garam masala, but it was quite tasty even without it."*
>
> **– MISSJAZZCULLEN**

HIDDEN GEM VEGAN GLUTEN-FREE

PER SERVING: 291 CAL; 5G FAT (1G SAT); 13G PRO; 50G CARB (15G FIBER, 9G SUGARS); 8MG SODIUM

TOP 10 KITCHEN TOOLS

Must-haves from the Allrecipes Allstars, a group of passionate and engaged community members.

1.

STAINLESS-STEEL SKILLETS

Avid cooks put their cookware through a lot of use, so durability is an absolute must. **BIBI** is a big fan of stainless steel—specifically All-Clad's 12-inch skillets. "I have three, and they are always in use. The size allows four servings of a main dish, and the meal can either finish on the stovetop or in the oven since they are plastic-free. The pans are also large enough for a family-size stir-fry. I can do without a lot of things, but not my skillets!"

2.

AIR FRYER

Essentially a small convection oven, this countertop appliance delivers all the crispiness of deep frying with far fewer calories. "Everything can be done in a few minutes, including frying pork chops, chicken, grilled cheese sandwiches, corn tortillas, and even donuts. I use it to reheat leftovers as well. Minimal cleaning is also a big plus," **YOLY** says. And according to **MRSWOFLIE**, it's been a game changer: "OMG, my air fryer! Where in the world has this been my whole life?!"

3.

HANDHELD GRATER

This small kitchen tool is prized for zesting and grating, but you'll find plenty of uses for it beyond lemons and Parmesan. "I love my Microplane. It's perfect for shaving exactly the right amount of hard cheeses, garlic, ginger, nuts, nutmeg, cinnamon, and citrus zest," **DIANA71** says. "The texture is perfect without picking up a knife!" **JRBAKER** also keeps it on hand to grate chocolate onto desserts for a showy finish.

4.

HIGH-POWER BLENDER

The extra power is well worth the extra cost when it comes to high-power blenders, which can pack upwards of 1,800 watts. "One of the shining stars in my kitchen is my Vitamix," says **THEDAILYGOURMET**. "I can DIY different types of flour, blend nut and seed butters, knead dough, blend smoothies, mix and warm piping-hot soup, create ice cream custard, and more," she says.

5.

DIGITAL FOOD THERMOMETER

Don't sweat food safety. A trusty kitchen thermometer can help you keep your cool—and cook food to its proper doneness. **COOPS** recommends the Thermapen for ease and accuracy. "The Thermapen is nice for baking bread and ensuring that chicken is cooked through," Coops says. "Being color-blind, chicken never looks pink to me!"

6.

STAND MIXER

A mixer isn't just for bakers. With its numerous attachments, the kitchen workhorse is also one of the most versatile appliances. "A stand mixer is great to blend batters and doughs for baking, of course, but I also use it to shred meat with the paddle attachment," **SUNNYDAYSNORA** says. "I'm looking forward to trying my new meat grinder and sausage-making attachments. I get a lot of use out of the ice cream maker attachment over the summer." **SANDRA92083** says she loves the way it "can whip up mashed potatoes or brownie batter in minutes."

7.

MULTICOOKER

This jack-of-all-trades kitchen tool steams rice, cooks chili, sears meats, and more, and **TAMMY LYNN** vows it's worthy of all the buzz. "I use my multicooker at least twice a week," she says. "It has essentially replaced my slow cooker. I can put all of the ingredients in an hour before dinner, and the resulting entrée is so flavorful and tender. Steel-cut oats have now become a staple in my diet because they are so much easier to cook in the multicooker than on the stove."

8.

QUALITY KNIFE SET

Sharp, quality knives are essential for dicing, slicing, and scoring. Thousands of people visit the emergency room each year because of injuries related to kitchen knives, according to the University of Rochester Medical Center. And many are a result of blunt tools not cut out for the job. "Every kitchen needs a quality knife set," says **THEDAILYGOURMET**, who loves Wüsthof Classic knives. At a minimum, we recommend having a paring knife for small jobs like peeling potatoes or coring apples, a serrated bread knife to saw through breads and cakes, and a 10-inch chef's knife, which **BD.WELD** calls the ultimate multitasker.

9.

ICE CUBE TRAY

It might not seem like much more than a tool for freezing ice, but an ice cube tray can help you significantly cut down on food waste and make you a more resourceful cook, says **TAMMY LYNN**, who uses trays in two different sizes. "In the small two-ounce ones, I freeze leftover coffee, juice, or coconut milk for frozen drinks. I also preserve fresh herbs in water for future use," she says. In larger, quarter-cup wells, Tammy Lynn freezes homemade broth and vegetable purées to add to soups or sauces. Once she gets them icy, she pops the cubes out of the tray and stores them in labeled plastic bags so that it's never a guessing game—plus it leaves the trays free for another round of freezing.

10.

ADJUSTABLE MEASURING CUP

Basic liquid measuring cups do the job, but once you upgrade to an adjustable model, you'll never go back. Especially when you're trying to portion out items that are sticky or tricky to measure, such as peanut butter or honey. "When you're measuring, say, sour cream, the closed end of the inner tube is up," **JOEYJOAN** says. "You simply select the amount you want, put the sour cream in, and push the inner tube up. The sour cream comes up and out with no real scraping, and you don't leave any in the tube."

PANTRY BASICS

Keep these essentials stocked for faster prep (and fewer trips to the store).

PANTRY STAPLES

- **ALL-PURPOSE FLOUR**
- **VINEGARS,** *such as apple cider, balsamic, and red wine*
- **BREAD**
- **CANNED BEANS**
- **FRESH GARLIC**
- **FRESH ONION**
- **LOW-SODIUM BROTH,** *such as beef, chicken, and vegetable*
- **NONSTICK COOKING SPRAY**
- **OLIVE OIL AND VEGETABLE OIL**
- **PASTA**
- **RICE**
- **SALT AND BLACK PEPPER**
- **SEASONINGS,** *such as chili powder, crushed red pepper, and Italian seasoning*
- **SUGARS,** *such as white and brown*

FRIDGE & FREEZER STAPLES

- **BARBECUE SAUCE AND HOT SAUCE**
- **BUTTER**
- **CHEESES,** *such as shredded cheddar, pepper Jack, and Swiss*
- **CREAM CHEESE**
- **EGGS**
- **GREEK YOGURT OR SOUR CREAM**
- **FROZEN VEGETABLES**
- **KETCHUP**
- **LESS-SODIUM SOY SAUCE**
- **MAYONNAISE**
- **MILK**
- **MUSTARDS,** *such as Dijon, stone-ground, and yellow*
- **SRIRACHA SAUCE**
- **WORCESTERSHIRE SAUCE**

KEY INGREDIENTS

Smart tips and storage info for some of the most commonly used ingredients.

OILS

A FEW OF THE MOST COMMON COOKING OILS, WHAT THEY'RE BEST FOR, AND THEIR SMOKE POINTS.

— CANOLA

(SMOKE POINT 400°F)
Neutral flavor; good for deep-frying and other moderate- to high-heat cooking.

— COCONUT

(SMOKE POINT 350°F)
Strong coconut flavor; ideal for baking and sautéing.

— EXTRA-VIRGIN OLIVE

(SMOKE POINT 325°F)
Grassy, fruity, or bitter flavor, depending on the olive variety; good for sautéing, for vinaigrettes, and as a finishing oil.

— PEANUT

(SMOKE POINT 450°F)
Nutty flavor ranging from mild to strong; popular for deep-fat frying and cooking many Asian dishes.

— VEGETABLE

(SMOKE POINT 400°F)
Neutral flavor; great for frying and sautéing.

GARLIC

HOW TO STORE

Store whole, unpeeled garlic heads in a cool, dry, dark place up to six months. An unpeeled clove lasts about three weeks. A peeled clove, if chilled in an airtight container, can keep up to one week. Chopped or minced garlic should be used ASAP.

HOW TO PEEL

Put a clove on a cutting board. Lay the large, flat side of a chef's knife on top of the clove, make a fist, and hit the knife firmly to mash the clove. This loosens the skin for easy peeling.

NUTS AND SEEDS

HOW TO STORE

Because nuts and seeds are high in unsaturated fats, they can go rancid quickly when exposed to air, light, moisture, or heat. Freeze in an airtight container up to eight months.

HOW TO TOAST

An oven's uniform, even heat is ideal for toasting whole nuts. Bake raw nuts in a single layer on a sheet pan in a 350°F oven, stirring once or twice, for five to 10 minutes. For smaller seeds or finely chopped nuts, toast in a skillet over medium heat, stirring often, for just a couple minutes.

DRIED HERBS

HOW TO STORE

Keep them in a cool, dark place up to one year. To see if one is still good, rub a little between your fingers and give it a sniff. A strong scent means it's good. A weak smell means it's probably time to replace it.

FRESH HERBS

HOW TO STORE

Store them in the fridge up to five days. (Keep basil at room temperature to avoid discoloration.) For longer storage, arrange them in a bouquet and put, stem end down, in a tall glass of cold water. Change water every two days to maintain freshness.

HOW TO FREEZE

Chop leaves and arrange loosely in an ice cube tray. Cover with olive oil or water, using a spoon to submerge herbs. Freeze until firm, then transfer to a zip-top plastic bag and keep frozen up to three months.

SPICES

HOW TO STORE

Keep ground spices in a dark, cool place up to one year (whole spices can last a bit longer). For the most robust flavor, buy whole spices and grind them at home just before using.

KITCHEN MATH

Measure accurately and make smart substitutions for cooking and baking success.

measuring

DRY VS. LIQUID

Use dry measuring cups (sold in nested sets and designed to be filled to the brim) for dry ingredients and liquid cups (meant to be filled to a measurement line below the top of the cup) for wet ones to increase accuracy and ease.

FLOUR

Stir flour to fluff it before lightly spooning into a dry measuring cup. Then rake a knife across the cup to remove excess flour. Don't scoop flour with a measuring cup—that compresses it and gives you more than the recipe calls for.

BROWN SUGAR

Scoop or spoon brown sugar into a dry measuring cup and press down firmly. Add more, packing it down as you go, until it's level with the cup edge.

STICKY LIQUIDS

Make it easier to measure out sticky ingredients like honey or maple syrup: First coat the measuring cup or spoon with cooking spray.

EQUIVALENTS

DRY INGREDIENTS

1 Tbsp.	3 tsp.
¼ cup	4 Tbsp.
⅓ cup	5 Tbsp. + 1 tsp.
½ cup	8 Tbsp.
1 cup	16 Tbsp.

LIQUID INGREDIENTS

1 gal.	4 qt.	8 pt.	16 cups	128 fl. oz.	3.8 L
1 qt.	2 pt.	4 cups	32 fl. oz.	0.95 L	
1 pt.	2 cups	16 fl. oz.	480 ml		
1 cup	8 fl. oz.	240 ml			
¼ cup	4 Tbsp.	12 tsp.	2 fl. oz.	60 ml	
1 Tbsp.	3 tsp.	½ fl. oz.	15 ml		

Common Ingredient Substitutions

DON'T HAVE?		USE THIS
1 tsp. baking powder	→	¼ tsp. baking soda plus ½ tsp. cream of tartar
1 cup butter (unsalted)	→	1 cup shortening or ⅞ cup vegetable oil
1 cup buttermilk	→	1 Tbsp. lemon juice or vinegar plus enough milk to make 1 cup
1 cup corn syrup	→	1¼ cups granulated sugar plus ⅓ cup water
1 tsp. cream of tartar	→	2 tsp. vinegar or lemon juice
1 egg	→	¼ egg substitute or ¼ cup silken tofu
1 Tbsp. fresh herb	→	1 tsp. dried herb or ½ tsp. ground herb
1 cup sour cream	→	1 cup Greek yogurt

SAFETY & STORAGE

Follow these guidelines to make sure everything you serve is safe to eat.

WHEN IN DOUBT, TOSS IT OUT

Don't always rely on best-by dates. Check for off odors or colors before cooking or serving food. Never taste the contents of a can that's bloated, dented, or rusted; discard it immediately.

AVOID CROSS-CONTAMINATION

— Use separate cutting boards for raw meat and vegetables that will be consumed raw.
— Clean produce shouldn't share workspace with unwashed fruits and veggies.
— Wash foods with skins such as melon, potatoes, and onions before slicing or trimming.
— Never serve marinades or sauces that have touched raw meat unless you've boiled them first.

TWO-HOUR LIMIT

Don't leave food outside the refrigerator longer than two hours. At room temperature, bacteria can double in as little as 20 minutes.

HOT OR COLD

Temps below 40°F will slow the growth of bacteria, and those above 140°F will kill them. So set your fridge at 40°F and your freezer at 0°F. And reheat foods to at least 140°F to keep them safe.

REHEAT WISELY

When reheating leftover sauces, soups, and gravies, bring to a rolling boil in a saucepan, stirring occasionally.

FREEZE SMARTLY

— Freeze foods in a single layer in freezer-safe containers or bags. They'll freeze faster that way, and you can then stack them to save space.
— Use freezer wrap or heavy-duty foil for baking dishes.
— Leave some room in glass containers to allow foods to expand as they freeze.
— Save your future self from guessing games by labeling containers with names and freeze dates.

THAW SAFELY

— Thawing foods in the fridge is the slowest, but safest, way. Plan accordingly: Small items might thaw in a few hours, while larger items might take overnight and then some.
— Tight on time? Seal frozen food in a zip-top plastic bag and submerge it in cold water; thawing speed depends on the food.
— Some foods can be thawed in the microwave. Follow the manufacturer's instructions.

Will It Freeze?

Many foods freeze with great results, but others will lose their flavor and texture when frozen. Best not to freeze the following:

- battered and fried foods
- cooked egg whites and egg yolks
- cottage and ricotta cheeses
- custard and cream pies
- desserts with cream fillings
- soups and stews with potatoes
- sour cream, mayonnaise, and salad dressings
- stuffed pork chops and chicken breasts
- whole eggs in the shell, raw or cooked

→ STAY UP TO DATE

Check *foodsafety.gov* for the latest food safety regulations, recalls, and precautions.

CHECK THE TEMP

Use a food thermometer to ensure foods reach a safe temperature. Here are the USDA's recommended minimum internal temperatures.

145°F

- Beef, lamb, and veal steaks, chops, and roasts
- Pork chops, ribs, and roasts

160°F

- Ground beef, pork, veal, and lamb (including burgers and meat loaf)

165°F

- Egg dishes
- Poultry
- Stuffings and casseroles

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